



LESS INSURANCE DEPENDENCE

iLoveDentistry

# 4 Tips to Reduce/Eliminate Burn Out



Here's an overview of the 4 Tips to Reduce/Eliminate Burn Out in your career & enjoy the fullest benefits Dentistry has to offer!

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## TIP #1

### HAVE A 3-DAY DOCTOR WORK WEEK

It's important to have a 3-day doctor week. Mainly for 2 reasons;

- 1 - You can have more family time
- 2 - You can take a massive amount of CE

If a dentist works 4 days a week on clinical, 5th day on admin tasks, and takes a CE course during the weekend, you will be taking CE at the expense of your family time. And the end of the week you are exhausted.

Having a 3-day doctor week will help you avoid all that while having a productive work-week & have a great work-life balance with quality time spent with your family.

This will work best if you own a 2 doctor practice. If you've been thinking about adding in an associate doctor into your practice, this would be a great way to achieve both goals at once!

## TIP #2

### ALWAYS HAVE SOMETHING YOU ARE WORKING TOWARD

Always having something to work towards will keep you excited, engaged & keeps you from being bored.

Sadly, today many dentists say that they are bored with dentistry. Trust me when I say there are so many good things happening in dentistry today, Whether it be technology, material, clinical techniques, mastering the behavioral side of dentistry all these will have something to be working toward.

For example, It could be earning your mastership or fellowship in ADA, It could be becoming AACD accredited, It could be earning a fellowship in an implant society, etc.

Always working toward something will help you stay on top of your game & avoid burn out.



### TIP #3

## **SURROUND YOURSELF WITH TEAM MEMBERS YOU TRULY LOVE & ENJOY WORKING WITH!**

This is a very important point. When you surround yourself with team members whom you truly love working with, it is TGIM (Thank God It's Monday) every day, because you get to go to work with these amazing people. Your team members should lift you up, not drag you down.

By having to work every day with people you love, work becomes fun & interesting. You will want to go to work every day and this will help you be more appreciative of what you do & the value you provide to not only your patients but also to an amazing team that supports you & motivates you!

### TIP #4

## **FOCUS OUTWARD AND NOT INWARD**

You need to focus outward on how you can best connect & develop relationships with your patients.

That is a lifelong pursuit, where every day will present new opportunities.

By having an opportunistic view around you, you are no longer focusing inward but outward on how you can better connect with patients!

This is the best recipe to avoid burnouts because now you are looking at the bigger picture of how what you do truly helps them be a better version of themselves.

These 4 tips will not only help you avoid burnout but it will also help you down the path towards being less insurance dependent as well.

Listen to this Less Insurance Dependence full episode for detailed information on the 4 Tips to Avoid/Eliminate Burnout

[www.lessinsurancedependence.com/strategies-to-reduce-eliminate-burn-out/](http://www.lessinsurancedependence.com/strategies-to-reduce-eliminate-burn-out/)

