



Five small things that help a team thrive

For practice owners, managers and team leaders

Running a practice is demanding, and you carry a lot too. About 1 in 4 Australian dental practitioners surveyed were likely experiencing burnout (Hopcraft et al., 2023). These ideas are small, so start with one.

1

Protect real breaks.

If you can, build them into the diary and treat them as part of the schedule.

2

Thank people specifically.

Say who and what: "Thanks for staying calm when the day ran late."

3

Make it easy to speak up.

You could ask "What would make your day easier?" and act on one answer.

4

Notice changes.

A shorter fuse, a quieter colleague, more small mistakes. A private, kind check-in goes a long way.

5

Know where to point people.

Keep a short list of services, and note which ones cover which roles.

Small steps count. Look after yourself too.

If you need support

Lifeline

13 11 14

24-hour crisis support

Beyond Blue

1300 22 4636

support by phone and online

Dental Practitioner Support

1800 377 700

registered practitioners; free, confidential, 24/7

In an emergency, call 000

Sources: Hopcraft et al., Aust Dent J 2023;68(3):160-170, and J Public Health Dent 2023.

Dental Practitioner Support covers registered practitioners. For assistants and reception staff, use Lifeline or Beyond Blue.