



Three signs of burnout

A short self-check for people who work in dentistry

Burnout is a work-related pattern. It is not a personal failing or a diagnosis. The World Health Organization describes three signs. Tick any that sound like you right now.

EXHAUSTED *drained in a way a weekend does not fix*

- ☐ I am tired even after a day off.
- ☐ I dread the first patient of the day.
- ☐ I am running on empty by midweek.

DETACHED *flat, cynical or distant from work*

- ☐ I feel flat or numb about work.
- ☐ I care less than I used to.
- ☐ I am pulling away from colleagues.

SELF-DOUBT *feeling less capable or effective at work*

- ☐ I feel less capable than I used to.
- ☐ I am second-guessing myself more.
- ☐ Small mistakes feel much bigger.

If you ticked two or more signs, and they have lasted for weeks, it is a good idea to talk to someone you trust, or to one of the services below. This is not a test or a diagnosis, and only you can decide what is right for you.

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		

Source: World Health Organization, ICD-11 (2019), burn-out as an occupational phenomenon.

Look after yourself, and each other.