Refuel Your Tank: A 10-Step Reset for Dental Team Members

When burnout creeps in, it’s not a sign of failure — it’s a signal to refuel. Use this worksheet to check in with your heart, your habits, and your hope.

## Step: Recognize the Signs

What signs of burnout have you noticed in yourself lately?
[ ] Irritability [ ] Exhaustion [ ] Apathy [ ] Headaches/body aches [ ] Emotional disconnection
Write a few words about what’s been feeling “off” lately:

## Step: Rest on Purpose

When will you next take a break, unplug, or rest intentionally?
Circle one: Today | This Week | This Month
Describe how you’ll rest:

## Step: Reignite Your 'Why'

Why did you first choose dentistry or your current role?
What do you still love about it?

## Step: Set a Boundary This Week

What’s one boundary you need to protect your energy?
(Example: No checking messages after 6PM)

## Step: Talk to Someone

Who on your team can you talk to honestly this week?
Name:
When will you reach out?

## Step: Declutter One Thing

Choose one space (physical or mental) to declutter:
[ ] My operatory [ ] My desktop [ ] My mind (journaling)
What’s your plan?

## Step: Schedule a Joy Moment

What small joy will you intentionally experience this week?
[ ] Favorite music [ ] Coffee date [ ] Quick walk outside [ ] Scripture reading [ ] Fun convo in the breakroom
Write your joy plan here:

## Step: Recharge Outside of Work

What refuels you outside the office?
[ ] Reading [ ] Art [ ] Exercise [ ] Family time [ ] Other:
When will you do it next?

## Step: Pray Boldly

Write your burnout prayer below:
“Lord, I feel \_\_\_\_. I need \_\_\_\_. Help me remember that I am \_\_\_\_.”

## Step: Ask for Help

Would coaching help you reset?
[ ] Yes! I’d love some support. [ ] Maybe — I want to learn more. [ ] Not right now, but I’ll save this for later.

Want to bring this reset to your whole team?

Contact Bryant Consultants to schedule a burnout recovery training or coaching call:

Website: www.bryantconsultants.com

Email: hollie@bryantconsultants.com