

DENTAL TEAM BURNOUT CHECKLIST

Practice: _____ Date: _____
Prepared by: _____

SECTION A: EARLY WARNING SIGNS

- ☐ Increased absenteeism
- ☐ Frequent conflicts
- ☐ Low energy / silence in huddles

SECTION B: WEEKLY CHECK-INS

- ☐ Ask team mood question
- ☐ Review frustrations + wins
- ☐ Document actionable items

SECTION C: SYSTEM RESETS

- ☐ Simplify redundant tasks
- ☐ Review doctor-manager goals
- ☐ Adjust production expectations

continued...

SECTION D: CULTURE CARE

- ☐ Encourage PTO
- ☐ Celebrate small wins
- ☐ Rotate roles for balance

SIGN-OFF

Manager: _____ Doctor: _____ Date: _____

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