

# The Stress-Free Dentist: Overcoming Burnout and Start Loving Dentistry Again

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## Abstract

Dentistry is a physically and mentally demanding profession. According to the World Health Organization burnout syndrome is a result of chronic workplace stress that has not been successfully managed. Healthcare providers suffer from burnout at an alarming rate. Healthcare providers and dental professionals who suffer from burnout may deliver less than satisfactory patient care due to their overwhelming stress level. This interactive discussion will provide an overview on how to identify burnout, as well as provides strategies a clinician can take to overcome its damaging effects.

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## Biography

Dr. Eric Block is a full time practicing dentist in Acton, Massachusetts and is an author, speaker, influencer, podcaster, blogger, certified life coach, key opinion leader, husband, and father of two kids, He is on a mission to help dental professionals across the country overcome burnout and anxiety. He authored his first book titled "The stress-free dentist: Overcome burnout and start loving dentistry again." He is the founder and CEO of the marketplace website called

DealsforDentists.com which helps dentists save time and money by helping them find new customer offers from companies across the industry. He is launching his first The Get Stress-Free Dentistry Summit which will take place October 12-17th, 2021 at the Diplomat Beach Resort in Hollywood, Beach Florida. He also interviews dentists and vendors on the Deals for Dentists Podcast and writes articles on his blog.