

Simple Steps to a Happier Life

Reducing Practice Stress:

1. Morning Huddle
 - New patient? Share information. Chief complaint?
 - Incomplete treatment? Financial, Insurance, or “Need” issue?
 - Impending open block time? Same-day dentistry? Emergencies?
 - Restorative patient to hygiene? Hygiene patient to restorative?
 - Special needs patients? Opportunity for celebration or Facebook?
2. Seat patients on time!
 - Time most common procedures
 - Use ten-minute appointment software
 - Add 1-2 units for a more difficult patient
 - Crosstrain employees
 - Always keep an empty chair!
 - Interrupted hygiene
3. Treatment plan Quadrant Care
4. Schedule to reach or exceed overhead by lunchtime
5. Don't try to be “all things” to all people.” Dismiss trouble!

Managing Personal Stress:

- Set realistic goals
- Manage one task at a time
- Visualize success
- Schedule some “down time”
- Establish priorities
- Delegate tasks
- Turn off the email
- Take a break every hour
- Get some fresh air
- Improve indoor lighting (5500 Kelvin)

Avoid negative people
Learn to say “No” (Kirk Behrendt: “Love to, can’t!”)
Let go of any grudges
Smile
Exercise
Ask for help
Evaluate your work-life balance and learn to accept change

Loving Life More:

Count your blessings
Savor life’s joys
Invest time in loved ones
Learn to forgive
Develop coping strategies
Practice acts of kindness
Simplify your life
Live within your means
Listen to your body
Be kind to yourself
 Laugh a lot
 Sleep a lot
 Get some exercise
 Watch your diet
Remember to chill
Use the “good stuff”
Maintain a positive attitude
Keep things in perspective
Don’t worry about who gets the credit
Let stuff go
Thank your mentors

The legacy we leave behind is the life we live every day. Live with passion and joy!

Wayne Kerr, DDS, MAGD

www.kerrspeak.com

wayne@kerrspeak.com

text the word “kerrspeak” to 22828 to sign up for monthly blog (kerrthoughts)