Getting rid of stress

More than just throwing away money, Mandy’s situation with her new assistant also caused her undue stress. The truth is, we are faced with stress everyday in our lives. It’s a matter of how you can avoid it, handle it or move on from it that determines whether you can stay clear of the negative side-effects that can prevail.

According to the American Psychological Association at the American Institute of Stress in New York, our jobs are the No. 1 thing that stresses us out, and 48 percent surveyed say it has an effect on their personal and professional life.

No surprise really; we spend a good portion of our week at work and then play catch-up in our spare time to satisfy our personal needs, leaving very little room for ourselves to unwind and bring our mind or body back to center.

Is Zirc the answer?

Can Zirc solve all of your stress-related concerns? Of course not, but when its research and design team gets together to bring effective dental products and techniques to the industry, there are three values considered:

- Innovation
- Quality
- Efficiency

Not only will these values help a dental practice profit more as a business, it will also enhance the unity and flow of what goes on in front of a patient and behind the sterilization walls.

Decreasing your material inventories and increasing your procedure efficiencies will help you gain more time in your work day, adding more value to your practice and coworkers, all the while putting a smile on your face.

The small step

Don’t try to fix all of your stressors at once. Change one thing you do during a procedure or sterilization process that you think may help relieve stress or make you feel more positive while doing your job.

Try it for a short period of time, and if it does not work, you can always revert back.