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Editorial

Beyond the Handpiece: Striving For Work–Life Balance in Dentistry

Pottem Nagarjuna*

Associate Professor, Department of Public Health Dentistry, Anil Neerukonda Institute of Dental Sciences, India

***Corresponding Author:** Pottem Nagarjuna, Associate Professor, Department of Public Health Dentistry, Anil Neerukonda Institute of Dental Sciences, India.

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The evolving landscape of dental practice demands precision, empathy, and sustained performance. However, these very demands often encroach upon personal time, challenging dentists to maintain an optimal work–life balance. The intricate blend of clinical responsibilities, administrative tasks, and continuing education leaves little scope for relaxation or family engagement, contributing to increased occupational stress and burnout [1].

Recent studies indicate that work–life imbalance among dental professionals correlates with diminished job satisfaction, impaired clinical decision-making, and early career attrition [2]. Factors such as long working hours, patient load, ergonomic strain, and financial pressures further compound the problem. Moreover, the COVID-19 pandemic intensified these stressors by adding infection-control responsibilities and uncertainty about practice sustainability [3].

Promoting work–life balance requires both organizational and individual interventions. Institutional measures such as flexible scheduling, supportive workplace culture, and stress-management programs can mitigate burnout risk. At the personal level, adopting mindfulness, physical activity, and effective time management can foster resilience and psychological well-being [4].

A balanced practitioner not only sustains personal health but also delivers higher-quality patient care. Recognizing and addressing work–life imbalance is therefore not a luxury—it is a professional imperative for the future vitality of dentistry [5].

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