



Take3forMe™: Self-Care for Even the Busiest of Schedules

84% of dentists have reported feelings of burnout.
(Dentistry Today, 2019... and, this was pre-pandemic!)

Insomnia. Neck and back pain. Generalized depression. Not enough hours in the day. Dentistry is a demanding profession: physically, mentally and emotionally. Studies clearly indicate burnout in dental professionals is on the rise.

We can do better than this! In just 3 minutes (.002% of our day), we can reset our mindset and clear the chaos, empowering greater health, resilience, and harmony.

In this presentation, learn a self-care routine that requires only 3 minutes per day. Recognize mindfulness practices which enhance outlook and generate health benefits. See that pausing daily to practice mindfulness causes a ripple effect in our lives. Experience more joy. Be more productive. Enjoy a greater sense of self-worth and self-satisfaction.



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LEARNING OBJECTIVES:

- Recognize the importance of daily self-care for the health and longevity of the dental professional
- Discuss the correlation between one's breath and overall mood, behavior and health
- Illuminate mindfulness-based stress reduction techniques and therapies
- Recognize well-being programs available to dental professionals
- Commit to 3 minutes of gentle movement, mindset reset and breathwork each day

SUGGESTED AUDIENCE:
All Dental Professionals

SUGGESTED FORMAT:
Partial Day; Lecture,
Workshop, Keynote

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“Dr. Murphy is an engaging speaker presenting on current and relevant topics. I would most definitely recommend her as a presenter. I always love her lectures and seminars.”

DR. ROBIN GALLARDI