

YOUR DENTIST CAN SAVE YOUR LIFE

May the coming year be your best ever!

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." — Carl Brad

Every year at this special time I reflect on the past months. Not on the challenges or mistakes but rather on the opportunities to live more fully -- and with greater joy and appreciation for the many blessings in my life. And one of those blessings is you, my dear readers.

Although it can sometimes be difficult, it is important to focus every day on the good things in our lives. There is an old saying, "You can choose to be happy." But taking it a step further, you can also choose gratitude. There is no question the past months have brought difficulties to many. There is a way forward -- and that is to intentionally choose to maintain a positive outlook.

Pollyanna? Not necessarily. This can

indeed help change your perspective for the better. When we are feeling stress with the challenges of family and work -- or simply the complexity of modern life -- it is easy to overlook the things that matter to us and that we really do feel grateful for or feel hopeful about. To put it simply, there is true value in being grateful.



Dr. Gabrielle F. Cannick

Emotional health experts advocate a simple step we can all take that can help. Make a "gratitude list". It doesn't have to be long, just two or three things that

you are thankful for. For example, it may be a mental checklist you do every morning or night. A quick reminder. Think about what you have you can be grateful for -- not just big things like your spouse,

your children, loved ones -- but little things too like the beautiful day, the sense of well-being that comes with a good walk, the taste of good food, sharing with friends. Consciously draw yourself into the moment and into that positive experience.

Of course, none of us should for one moment take for granted good health, personal development, contributing to our community, our mind and emotions, relationships with others and our ability to love, and...spirituality. To have a chance at life. To live and strive and fail and continue to do so with the belief that we will succeed. And whatever happens along the way, well, we can choose to see these as lessons in life that help us learn and grow.

Simply waking up with this level of optimism and gratefulness can set your day up in a positive way. And by doing so at night, we ease our worries. When you start to see things as blessings, and stop taking things for granted, your life takes on new meaning.

Thank you, dear readers. May the coming year be your best year ever! As always, we are your hometown resource for guidance and support.

Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.

For more information about Grand Oaks Dental and the services provided, please call 864-224-0809 or visit grandoaksdental.com or facebook.com/GrandOaksDental.

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