

YOUR DENTIST CAN SAVE YOUR LIFE

How to make this year your best ever!

By Dr. Gabrielle Cannick

Starting a new year is traditionally a time for self-assessment and charting a course for improving your life. We all have our talents, interests, and an innate desire to make the most of our lives -- for ourselves and for those we love.

You are likely familiar with the term "wellness" as a pathway to a healthier you. But there's more to it. Today experts prefer the term "betterment" – the effort to improve not only our bodies but our mind and, if you will, our spirit. With this thought in mind here is a brief "betterment blueprint" that can help us all make the most of the fresh start this new year presents:

Nourish your mind. It is estimated we are bombarded by millions of stimuli every second, some good and some bad. Make a concerted effort to minimize the negative and embrace the positive. And do as an older generation advised: Count your blessings.

Strive to stress less. Yes, we live busy lives and it may seem a bridge too far, but we must make time to relax. Do something that stimulates YOU. Make time for family and those you love. Big tip: manage your finances wisely.

Surround yourself with positive people of all ages. They give you great energy, insight and perspective. And



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being around positive people helps you overcome negative emotions. And it can motivate you to do more and live more fully.

Stay optimistic. This means planning for problems while hoping for the best. Moreover, it is about seeing possibilities not limitations. Try focusing on what can be done and not what can't. Think solutions rather than

problems. Glass half full, anyone?

Show kindness toward others. For the human spirit there is no better nourishment for building a sense of purpose and contentment in your life. One of the best ways to show love is by giving to others — your time, a willing ear, and an open heart. Let others to do the same for you.

When it comes to your body, prevention is better than cure. Resolve to eat well and as a result feel your best every day by focusing on a diet that will help keep your body in tip-top condition – whole grains, fruit and vegetables, nuts and seeds, lean meat. It is the fuel your body wants!

Keep Moving. Physical activity keeps your muscles strong, enhances your circulation, reduces stress and lifts your mood. And, it helps you sleep better.

Respect yourself. Without self-respect, you will not have the confidence to realize your potential and fulfill your dreams.

And one last thing. In the coming year resolve to give yourself some pampering. You deserve it! If you have questions, please contact us. Think of us as your hometown resource for guidance and support. May this be your best year ever!

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 click to grandoaksdental.com or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

Unhappy Relationships: Why Do People Stay?

By Mary-Catherine McClain Riner

Relationships often begin in the "honeymoon" phase. During this time, relationships often feel joyful, satisfying, fulfilling, and rewarding. As time passes, individuals may "discover" other sides and traits that were "hidden" during the earlier phases in a relationship. For example, some partners may struggle with jealousy or trusting the other partner. Despite a variety of red flags, clients often remain in an unhealthy or abusive relationship — believing that "love" is enough. There are many reasons and explanations as to why men and women may stay in harmful relationships that eventually go from highs and lows to all lows.

Research has shown that individuals remain in relationships when they believe the other partner is committed to the relationship, and will also remain in the relationship if they fear for the emotional health and well being of the other partner. In other words, a partner's dependence on the relationship often discourages breaking up. It seems that people may consider staying in romantic relationships, not necessarily as a personal preference or need but rather for their partners.

Co-dependency and financial reliance are additional factors that keep people "stuck" in relationships. Individuals fear not being able to maintain a certain lifestyle or fear having no place to go or life if the relationship ended. This creates a sense of helplessness and leads to remaining in the unhealthy relationship.

Others remain in toxic relationships because that pattern is "normal." Children from abusive childhood environments often enter into unhealthy relationships as adults not recognizing that the relationship is unhealthy. Similarly, individuals who have low



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self-esteem and confidence believe that the toxicity is their fault and internalizes blame and guilt rather than seeing clearly the partner is manipulating and controlling the situation. High self-esteem leads to identifying self-worth outside of a relationship.

Individuals in the age range of 20's and 30's may feel the need or pressure to "settle" in a relationship that is not rewarding rather than being alone. Individuals fear being "lonely." Likewise, individuals may want so badly for a relationship to work that they convince themselves that the "person can change" and will eventually become the partner they met during the "honeymoon phase." While change is possible and can happen, individuals struggle to know "when" to let go of holding their breath for eventual change.

On the other hand, adults may also stay for the "children." It is easy to forget that parental tension can negatively impact children as much as it impacts the parents. While it can be daunting, leaving an abusive and toxic relationship can be done.

Relationships can be positive, healthy, and fulfilling in a multitude of ways. Before you commit to someone, consider asking yourself the motivation for staying and whether any flags are present in the relationship that may be unhealthy and toxic for everyone involved.

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