

## YOUR DENTIST CAN SAVE YOUR LIFE

# Let's make this year better than last!

*Someday is not a day of the week.* — Denise Brenman-Nelson

For many, the past months have been challenging. But, as the experts in matters of the human condition tell us, a key to happiness and fulfillment in life is believing next year will be better than the last.

Yes, that can be difficult to do at times given life's ups and downs. But on the bright side, at this time of year we celebrate the old year passing and a new year beginning as a signal for a fresh start. It is a time to focus on the future – and the wonderful possibilities for improving our lives in the new year.

This of course takes the form of new year resolutions. We start with the best of intentions, but there is that old problem of...well, follow through. It is important to understand that the desire, readiness, and motivation for change happens only when we are ready and not a moment sooner. Sometimes

our enthusiasm becomes contagious, and others may want to join us. But, if you are ready now, go ahead and get started. Don't



**Dr. Gabrielle F. Cannick**

wait on someone who may not be at that point. Making new year resolutions is a time-honored tradition: lose weight, exercise more, eat healthier. Whatever the objective we start off strong, but then our energy and focus often fizzles. This

can lead to negative thoughts and stress. We make excuses and end up feeling bad about ourselves. If you fear this trap, here are some suggestions:

Be realistic. Take small steps that make it easier to achieve your objectives. Having long-

term goals is good but focus on what you can accomplish day-to-day.

Partner up. Why not ask a friend to join you? They may be ready too. This way you can help motivate one another to stick with it. Be a learner. If you want to eat healthier, take a nutrition class or find resources online. Follow a healthy lifestyle blog or research menu ideas. Whatever helps keep you motivated and on track.

Take it easy on yourself. Think of change as a journey you are embarking on. As we all know, with life there is no straight line. Think of change as alternating periods of forward momentum and periods of slipping back to our former "setting". If we accept this it is easier to accept setbacks. We don't have to be perfect in our effort to improve; we just need to stick with it. And now is the time. But let's not forget the essence of a happy life -- enjoy the "right now" and always count your blessings. Have a wonderful new year! Call with

questions. 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 click to [grandoaksdental.com](http://grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>

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