

YOUR DENTIST CAN SAVE YOUR LIFE

Achieving emotional wellness in your life

Happiness is a mindset for your journey, not the result of your destination. (Shawn Achor)

It's no secret modern life as we are currently living it is stressful. I see it in my patients, and I suspect they reflect the feelings of millions of our fellow citizens.

Is there a proven way to raise our "happiness quotient"?

Yes, if we will embrace it. Recent medical studies confirm that positive emotions result in a sense of well-being which leads to better health, even longer life. People who think positively have lower risk of dying of all causes compared with those their own age who have a gloomier view of life.

Medical science is finding that through the discipline of practicing what is called "mindfulness" we can achieve a higher level

of joy and peace in our lives. Mindfulness means focusing on the present moment, and it is emerging as THE key element that determines our level of happiness in life – and leads us to a healthier mind and body. Consider: Simple pleasures. We all tend to focus on big events in our lives. To help sustain a positive attitude focus daily on enjoyable moments while experiencing them. Slow down and savor pleasurable feelings. Do not let them slip by unnoticed.

Dr. Gabrielle F. Cannick



Be thankful and grateful. Try living every day with greater appreciation for what you have and what you receive. Focus on here and now, whether it be pleasant or unpleasant. From this comes the ability to better deal with problems as they arise. Worry less about the

future (which we cannot control) and regrets over the past. NOTE: Research shows that those who practice this also worry less about issues of self-esteem. Going a step further, consider this. When we focus on the positive, we gain something important – resilience – which enables us to weather the storms of life that are bound to come.

Finally, in survey after survey older people report that despite the ups and downs they have experienced through the years, they have become more satisfied with their lives as they age. Why? Researchers studying the aging process have found older folks tend to focus more on what is pleasurable. They accept their limitations and use their experience to compensate. And, best of all, they set goals for the future believing "this year will be better than last".

The take-away? The earlier in life we adopt these practices of mindfulness the greater the impact on the quality, and possibly length, of our lives. Now that's personal power. You are in charge of your life – your happiness – by

living in the moment. If you have questions, or would just like to talk, feel free to call. We are here to help you. Think of us as 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 or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>



Get gorgeous with North America's #1 choice.

Call now for your free consultation at home!

We're your local, neighborhood experts. And we're also backed by North America's #1 provider of custom window coverings. We do it all for you, measure and install – because we think that everyone, at every budget, deserves style, service, and the best warranty in the business.

**BUDGET®
BLINDS**

Style and service for every budget.™

Blinds • Shutters • Shades • Drapes • Home Automation

25% OFF

On Selected Window Coverings*

Offer expires July 31, 2021

864-332-0612

BudgetBlinds.com/Anderson

*Applies to selected window treatments and Enlightened Style products from Budget Blinds. Restrictions may apply, ask for details. Minimum purchase required. Valid for a limited time, not valid with any other offers, discounts, or coupons. Offer good at initial time of estimate only. At participating franchises only. ©2019 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated.



**For a
better
night's
sleep**

Snoring and Obstructive
Sleep Apnea
can be treated safely
and effectively with the
EMA® oral appliance



EMA® works by opening the bite and gently advancing the mandible (or jaw) with elastic straps to increase airway space.

This custom-made oral appliance is only available through dental professionals.

**Ask your dentist if
EMA is right for you.**

\$500 off of a custom
Sleep Appliance

Gabrielle F. Cannick, DMD, PhD
Grand Oaks Dental, LLC

3905 Liberty Highway, Anderson, SC, 29621
Call 864-224-0809 or visit www.grandoaksdental.com