

## YOUR DENTIST CAN SAVE YOUR LIFE

# How to enjoy a happier, more fulfilling life

One of my more enjoyable habits is seeking out interesting scientific research findings that may be useful to my wonderful patients – and where appropriate beneficial guidance to share with you my loyal readers.

In our current state of uncertainty most everyone is paying more attention to staying healthy. But, as I have stressed in recent features, how to maintain our emotional health is also vitally important. To be sure medical science is tracking this too – seeking answers to how we can better deal with the emotional challenges of modern life – challenges common to us all. Therefore, it is comforting to know on-going scientific research is helping us develop a keener understanding of what enables us to live more fulfilling and happier lives. Seeking the key to happiness is hardly new. The old saying goes, “You can choose to be happy”.

But more than this, the question is “what really matters?” Of all our options from which we can choose to focus our finite time living our lives, what is it that is most likely to bring us happiness?



**Dr. Gabrielle F. Cannick**

There is a fascinating Harvard University study that involved over 700 participants conducted over 75 years. What did the study reveal? The key to long-term happiness and fulfillment boils down to one thing: the quality of our relationships. Happiness is not tied to money, fame, or being attractive. Rather it's the people we choose to surround ourselves with and how well we maintain these relationships.

In essence, good relationships are what keep us happier -- and healthier!

When you surround yourself with people whose behavior and habits are inconsistent with your own wants and needs, you are likely to embrace the group's standards. Think about it. If you want and expect to lead a healthy and active lifestyle, it will be tough if your friends sit around playing video games and eating junk food. On the other hand, if your friends are making life choices that keep them physically fit you stand a much greater chance of being fit yourself. Your group will influence your own behavior. Find “your people”. And then never take them for granted!

You'll be a better person when you surround yourself with trusted friends who push you and encourage you to be the best you can be. Give of yourself to others who inspire you and a wonderful thing will happen. You will

receive so much more in return. Now that's fulfillment and happiness.

If you have questions, or would just like to talk, feel free to call us. We are here for 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.*



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