

YOUR DENTIST CAN SAVE YOUR LIFE

Take time for leisure and improve your health: Part II

By Dr. Gabrielle Cannick

So, the question is: Will you let go of your day-to-day “rat race” long enough to take time for yourself thereby ensuring a happier healthier you?

As we previously discussed, with obligations and responsibilities it is tough to disengage. Believe me I know the feeling and the challenges. But the truth is in order for us to keep up the pace we must protect ourselves. There is that point we all reach where our bodies and our minds signal...hey, you better take a break.

We need to listen.

So, what are we really talking about? **What exactly is the meaning of Leisure?**

Leisure activities are meant to de-stress us by diverting our attention away from work. This could be any recreational activity. It's your choice. Health experts use the phrase “recapture your sense of self.” I say let's remember how it felt to be a child on a lazy summer



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day. Could we as adults ever again reach such a carefree state? Perhaps not. But there are big rewards for making the effort:

1. You increase your mental

fitness. With your mind refreshed you think and work in a better way.

2. You improve your health. We know obesity and heart-related problems are big health issues in our society today. Why risk it? Turn off the TV and get moving. Put the fun back in your life.

3. You reduce stress and ward off depression. We all know work stress can lead to frustration and a negative outlook. Conversely, pampering yourself by indulging in something you really love gives you a sense of well-being and more satisfaction with the life

you are living.

You might prefer energetic activities — from simply walking to team sports — all the way to the more adventurous like rock climbing or trail biking. Then there is good old fashion “back porch” relaxation. You know, like our grandparents enjoyed, smart people that they were.

Whatever mode you choose, you'll feel refreshed and rejuvenated, and you will be able to work better and with greater efficiency. Word to the wise. Don't wait for the right time. If you can't find time for YOU each week, then make sure you give yourself at least 1-2 days of exclusive “me-time” per month. In truth, we can teach ourselves how to live life more enthusiastically and rediscover ourselves.

What we do during our working hours determines what we have; what we do in our leisure hours determines what we are. — George Eastman

Love yourself. Reduce the stress in

your life by taking leisure time for... you! If you have questions, I invite you to reach out to us. 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>.

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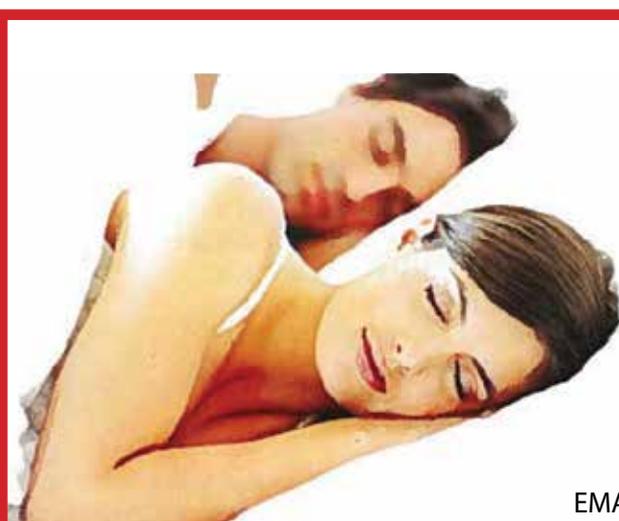
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