

YOUR DENTIST CAN SAVE YOUR LIFE

Here's your list to 'jump start' a great New Year!

Is it possible? We begin not just a new year but a new decade! I wish for each of you a year of joy. A year of good health. And a year of success. In truth, it is not a date on the calendar that is important. Rather, this is a time when we can reflect on where we have been and plan for where we want to go.

Put another way, this is a good time for a reset.

And on this positive note, here is a list of suggestions for jump starting this new year -- verified by the experts who study how we can optimize our mental and physical well-being:

- Stop saying words like "can't," "impossible" and "problem". Keep your mindset positive and you'll be amazed at how much more you can accomplish.
- Choose to read for inspiration. You can gain huge motivation from learning more about people's struggles and determination to overcome.
- Ignore nay-sayers. There will always be someone who wants to put down your ideas or tell you what can't be done. Be with positive, upbeat people.
- Make YOUR happiness your priority.

Make this year the year you start putting yourself first a bit more. Don't ignore commitments and responsibilities. Just try doing more of what you enjoy. This also means setting aside time -- every day, every week -- that's just for you.



Dr. Gabrielle F. Cannick

- Take more walks. Not only is this important for your health, it gives you time to clear your mind and make better decisions.
- Get organized and take control. If you are disorganized, you spend more time reacting than getting things done. Plus, you have more free time to enjoy. Another thing that will compromise your positive outlook and your happiness is letting others dictate what you do. Choose what you want to do, who you want to be, and where you are going from here.
- Stop complaining. It does not achieve anything. Reality check: If you want things to

change in your life, you must be the one who changes them. Complaining is a downer for everyone around you. And it sets you up for failure. TIP: Focus on helping others achieve. When you help someone else on their way, you will be more fulfilled.

It goes without saying, strive to enjoy every moment life has to offer. Don't waste time regretting the past or fretting about the future. Live each day to the fullest. Do something important with your life. Help make the world a better place. And remember this: There are no unrealistic goals, only unrealistic timelines. This year could be the beginning of something great! Call us with questions or for assistance. 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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