

## YOUR DENTIST CAN SAVE YOUR LIFE

# Take time for leisure, and improve your health

By Dr. Gabrielle Cannick

Yes, this is me giving you permission to take time for yourself! (I include myself, even with a thriving dental practice and a loving family.)

But who really needs permission? At the end of life's journey, do we really want to say, "I wish I had spent more time at work"?

Of course, we must provide for our families and further our careers. One thing about Americans, we tend to work longer hours than in other countries. This is one reason we enjoy one of the world's highest standards of living. But there is a downside. According to the Center for American Progress, in 1960 about 20 percent of mothers worked. Today, it is estimated 70 percent of American children live in households where all adults are employed. It doesn't matter who stays home and who works in terms of gender, it's a family choice. The experts make the point this has huge



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implications for family cohesion and free-time.

There is a realization we are paying a price when it comes not only to our health — but our basic joy in living. Consider: when was the last time you had time for yourself just doing the things you *really want to do*? This may be something you can't even remember given our fast-paced lives. I think you will agree this is ... well, sad. No matter how busy we are with work and family responsibilities, the experts — and common sense — tell us we all will reach a point when our bodies, and our minds (or spirit), start signaling us to take a break.

When we speak of "leisure time" it simply means doing things other than work. Leisure means "de-stressing"

and it can mean any type of activity you define as recreation. **You may be thinking, "All well and good but I have to make a living!" Still we cannot deny reality. The truth is leisure is essential to our health.** It helps generate within us a sense of freedom and well-being. This in turn creates a positive outlook on life enabling us to refresh our minds. A "reset" if you will.

A study conducted at the University of California Merced found that leisure activities — including exercise and even simple socializing — reduce stress and that the effects persisted long after. The study concluded that the cumulative effect of engaging in leisure activities each day could have a long-term, positive impact on a person's health.

Next time we'll discuss tips for selecting and getting the most out of leisure time so you feel refreshed and rejuvenated — a benefit for both

your work and family life! For more information please contact 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](http://grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.

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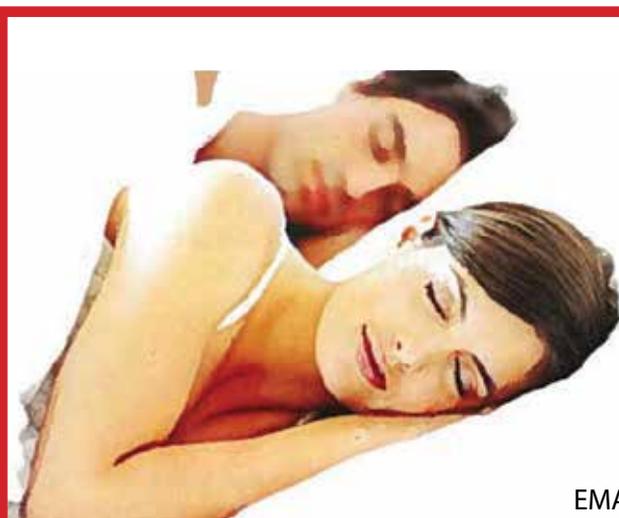
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