

Keep Smiling Through the Holidays

How to relieve seasonal stress



While the holiday season is a time of excitement and cheer, seasonal activities, family visits and holiday shopping can also lead to a lot of pressure — which can affect your oral health.

Minimize the effects of stress on your oral health

- Practice good oral hygiene by brushing and flossing daily, and visiting your dentist regularly.
- Eat a balanced diet and get plenty of sleep.
- Lower stress by reducing your commitments.
- Get physical: Try exercise, massage and physical therapy.
- Share your feelings with a counselor or trusted family members and friends.
- Set aside time to relax, meditate and read.

Talk to your dentist if you:

- Grind or clench your teeth
- Experience jaw pain
- Have inflamed or bleeding gums
- Develop frequent canker sores