



Amazing Smiles

FAMILY DENTISTRY

May Newsletter

Holidays and Fun Days to Look Out for This Month!

National

May 9th – Mother's Day

May 31st – Memorial Day

May 15th – National Armed Forces Day

May 17th – Tax Day

Food Related

May 13th – Apple Pie Day

May 14th – Buttermilk Biscuit Day

May 21st – Pizza Party Day

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AmazingSmilesPC @amazingsmilesnewnan

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Smiling Can Improve My Health?

- from Amazing Smiles Family Dentistry Blog

...Smiling has been proven to have numerous benefits that can improve your overall quality of life! Let's see how:

1. Improved Mood/ Stress Relief

Stress plays a large role in a lot of the ailments that invade our bodies. As such, we should do as much as we can to reduce our stress to protect our overall health. And believe it or not, one of the simplest things you can do to relieve stress and improve your mood is to smile! Studies have shown that smiling releases endorphins and serotonin, which work together to reduce stress and stabilize feelings of well-being and happiness.

2. Lower Blood Pressure

Studies have shown that smiling can lower your blood pressure and benefit your heart health! When you're under intense stress, your blood pressure spikes, your heart rate accelerates, and stress hormones increase your blood sugar and weaken the immune system. However, as mentioned above, smiling has the ability to reduce your stress levels and prevent this process from happening.

3. Pain Relief

It may be hard to believe that smiling and laughter can reduce pain, however it's true. Mayo clinic reports that smiling (especially when it leads to laughter) causes your body to release natural painkillers.

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Visit our blog to read this entire article as well as many more! From weight loss to food tips... we have it all! Email us at prc@amazingsmilespc.com with dental health related topics you'd like to know more about!

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New Patient Experience

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Newsletters

Blog

Weight Loss and Oral Care
It's a new year and many of us are

Why Am I Experiencing Bad Breath
Why Am I Experiencing Bad Breath?

Smiling Can Improve My Health
Smiling Can Improve My Health? If

May is Mental Health Awareness Month!

Our mental health is incredibly important to our overall well-being and our systemic health. If you aren't already, use this month as an opportunity to start taking actions towards a healthier mental state. It may seem easier said than done, but these 3 little daily actions can make a big difference:

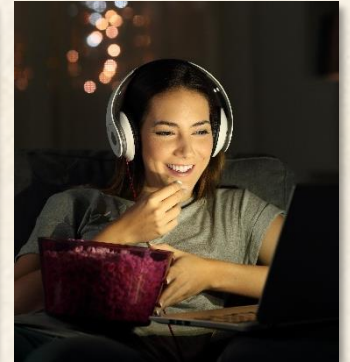
1. *Make a short list of 3 things you're grateful for and 3 things you were able to accomplish each day*

We have a tendency to recall and dwell on the negative experiences in our life far more than the positive or neutral ones. This is a psychological phenomenon known as **negative bias**. We're all impacted by it and it can often leave us feeling overwhelmed and hopeless. Keeping a log of the things you're grateful for and your daily achievements (regardless of how small you feel they may be) will allow you to gradually alter your perception of your life and value, so that we can begin to **distribute more importance to the good that our lives have to offer**.



2. *Do something that makes you laugh or smile*

As cheesy as it sounds, the simple act of laughter and/or smiling is proven to reduce stress and anxiety. Often times we are deterred from doing the things that bring us joy because there's a million other "more important" things that need to be done. However, you're most helpful to others when you're first helpful to yourself. So go ahead and watch an episode of your favorite show, plan that vacation, or go out to your favorite restaurant with that friend that always makes you laugh and **Do Not Feel Guilty About Having Fun!**



3. *Do an activity out of the norm*

Sometimes we fall into these routines that makes us feel as if we're just going through the motions. A break in routine can be stimulating and re-energizing. Some ideas:

- The weather is getting nicer – go for a walk somewhere new and enjoy the sites
- Try a new recipe that challenges your cooking skills and broadens your palate
- Try a new and affordable activity such as an escape room, bowling, miniature golf, nature exhibits, etc.
- Pick up a new hobby such as doing some redecorating using cheap DIY hacks, trying a new sport, photography (even if it's just on your phone), etc.

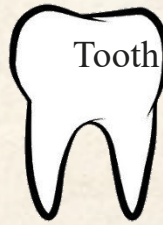


These are just a couple of tips that can help you begin to lift your spirits, but there are many more out there. As well as many mental health resources for online and in-person communities and therapy. A google search can help you find some of these resources to get additional help – always remember you're not alone in what you're experiencing, and there are many people that will gladly take your hand if you just reach out.

To your health and happiness,

Amazing Smiles Family Dentistry





Tooth be told...
We love our patients!

Thank you for an *amazing*
patient appreciation
month!



April Newsletter Game Answers

Spot the Difference



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Maze Escape

Do you have what it takes to escape the maze below?

Text a screenshot or photo of your answer to **(678) 675-0795** along with the words "May Newsletter" to win a prize!

