



Yes, stress can impact your oral health

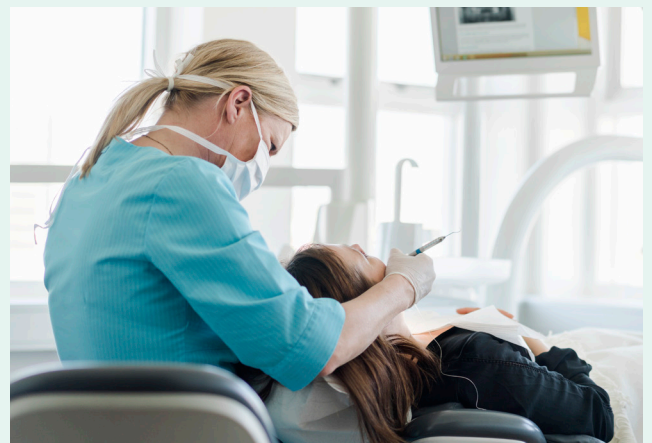
What you feel emotionally can impact you physically.

Stress can affect your mouth, teeth and gums. And it's linked to uncomfortable issues like gum disease, canker sores and burning mouth syndrome. That's why managing internal feelings of stress, anxiety and other emotions is important.

When you're stressed, it's easy to fall into unhealthy habits, like putting off consistent brushing and flossing or snacking on sugary treats that can lead to tooth decay and gum disease. Even poor sleep routines can lead to oral health issues like teeth grinding, TMJ disorders and dry mouth.

And now for the good news.

Stress management solutions plus regular dental checkups can make a big difference in your oral health. Whether it's exercise, meditation, therapy, a healthy diet or getting more restful sleep each night, there are many simple steps you can take to reduce stress in your daily life.



Make oral health a team priority with stress management solutions. [See the other side for suggestions.](#)

1. Get moving

Regular exercise is a powerful way to reduce stress and anxiety. It offers a positive impact on not just overall health, but your oral health too. Exercise can also help decrease stress related to teeth grinding and TMJ disorder. Every single step counts if walking is your thing. Be it weights, yoga, biking, running or swimming, we applaud it all.



2. Your overall self-care matters

How's your diet? What's your bedtime pattern? Drink enough water? All types of daily self-care play a part in keeping your oral health in check. Make improvements and find what works for you. Is it a food app, gratitude journal, fancy water bottle, talking to a professional, soothing music or even new pillows? You're in charge — do what you enjoy.



3. Your best bet is a consistent care routine

It's so important to focus on brushing twice every day for two minutes, along with flossing. Being consistent can help ward off oral health issues like gum disease and cavities. And of course, regular visits to your dentist are a high priority.



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