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"WE COULD LOOK BACK THIS TIME IN FOUR MONTHS AND SAY, 'WE DID THE RIGHT THING' — OR WE COULD SAY, 'THAT WAS SILLY,' OR WE MIGHT NEVER KNOW."

Dr. Anthony Fauci

Our utmost concern is for your health.

We are hoping to be open by the time you receive this newsletter for regular dental appointments, including hygiene. If anything changes we will contact you.

Please call if you have any concerns .

Coping with Stress During the Pandemic



"It just goes to show you, if it's not one thing, it's another," commented Roseann Roseanna Danna, a character portrayed by Gilda Radner on SNL. But, "just because the universe has already sent us one significant stress doesn't mean we won't have others." says Dr. Harriet Lerner, psychologist, and author. The thing we need to do is to reduce as much anxiety as we can about this current situation.

Know the facts

Information, even challenging to hear data, eliminates the fantasy that lends itself to higher anxiety. But, don't obsess about finding information. Too many sources with alternative views can cause more stress. Find one reliable source, listen to it once a day, and then be done with it. Remember, the more you stress, the more you brux your teeth, and the more your jaw and head will hurt.

Find a Balance

Social distancing can be challenging. Are we over-reacting? Who knows? At some point, we have to realize that we may not be the smartest person in the room, and then listen to the authorities. Be diligent. Wash your hands, disinfect, don't assemble, keep six feet away, stay home if sick, and even try to stay home if you aren't. Knowing we are "following the rules" gives a sense of peace.

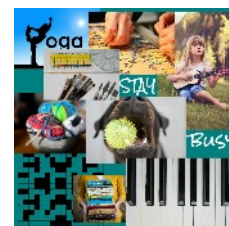


Stay in Touch

Being isolated is challenging. So, reach out to your loved ones with social media, video chats, texts, and telephones. They are probably lonely as well and will welcome your interaction. It is essential to keep those in your life close in heart and thought during these times when you can't hug them physically. Especially, talk with those with a positive spirit.

Don't Forget to Take care of Yourself

Keep doing routine things that give you peace. Practice meditation, exercise, yoga, do a hobby, read, reorganize a closet, or declutter while practicing social distancing. You may even want to learn a new skill at this time. Find ways to keep as much constancy in your life to ensure that you're taking care of yourself mentally.



Say Hello to Annie Blank



Annie is a level 5 Gymnast who attends Rocky Mount Elementary School.

Since one of Annie's favorite pastimes is to watch The Lady Bulldog Gymnastic team, we are hoping that one day she will be an actual team member. Then, we could watch her perform just like she watches the UGA team. Of course, Annie has to get her swimming and art projects accomplished in between cheering for the team at the meets.

We are happy that Annie's Grandmother visited us, and then her Daddy, and then her Mommy and her whole family. Annie and her siblings represent a third generation of patients in our dental family. How FUN is that? We got to meet the WHOLE family.

Congratulations, Annie. So glad that you feel "lucky to come here", because we feel lucky to have met you.

Easy and Effective
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Your search for the perfect whitening solution is over.

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Fake It Till You Make It?

If you "put on a happy face," would you feel less stressed? It depends. Another study in 2007, published in the Journal of Occupational Health Psychology, encouraged subjects to be enthusiastic and to hide frustration. These participants were exhausted and tended to make more mistakes. The energy was lost and felt by workers trying to act happy on the surface when they are not.



However, researchers write that focusing on positive thoughts or reappraising a troublesome situation can help improve feelings over time.

"Smiling is not a cure-all for every type of stress, especially for long-term stressors," she says, like repeatedly dealing with hostile customers or other difficult people. Still, it may offer relief for the brief, acute stressors, if only for a short time,

So next time you're stuck in a boring meeting, caught in traffic, or if you are doing a dreaded task, consider smiling. You may feel better and bring your heart rate down, also.

Excerpts from: How to De-Stress With a Smile - Verywell Mind.
<https://www.verywellmind.com/beat-stress-with-a-smile-2223757>

Easter Word Search

V	U	D	Q	N	B	S	N	A	E	B	Y	L	L	E	J	Z	N
W	R	O	W	P	F	L	J	H	W	A	H	X	E	U	G	E	K
F	B	U	N	N	Y	A	D	E	Z	M	C	D	T	R	P	P	C
L	C	Q	K	K	B	M	A	K	F	A	F	R	A	A	M	V	B
C	M	K	R	O	O	B	A	F	X	L	F	Y	L	B	R	T	C
H	F	F	C	M	N	S	I	R	I	H	N	T	O	B	Y	O	D
I	S	I	H	C	N	E	R	F	B	V	W	J	C	I	U	I	Y
C	D	D	G	Y	E	I	E	O	U	A	J	G	O	T	E	R	E
K	X	Y	M	E	T	P	S	N	M	E	P	S	H	G	T	I	X
S	T	T	H	S	S	Y	E	G	G	S	K	H	C	W	Y	R	E
L	E	J	G	G	B	W	H	T	N	I	C	A	Y	H	K	T	C
I	K	V	D	N	G	M	C	J	U	G	U	U	K	N	S	Z	Z
D	S	Y	M	I	E	V	X	S	A	O	E	G	N	I	R	P	S
O	A	H	I	L	W	F	B	T	O	B	T	J	D	G	B	E	D
F	B	W	X	K	E	R	X	C	D	N	I	Q	K	M	L	Z	X
F	N	B	I	C	E	A	S	T	E	R	E	G	G	Y	F	C	L
A	G	B	F	U	W	Z	N	D	Q	S	I	Z	Q	N	O	Q	A
D	R	Q	Z	D	I	I	A	O	F	F	U	N	X	G	J	I	G

BUNNY
DUCKLINGS
BONNET
BASKET
CHICKS

DAFFODILS
EASTEREgg
HYACINTH
SPRING
EGGS

LAMBS
IRIS
JELLYBEANS
RABBIT
CHOCOLATE

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