Stress and anxiety can be felt both mentally and physically. It’s no secret that they can affect your overall health, but your oral health might also be at risk. Some symptoms to be aware of are:

- Teeth grinding or clenching
- Teeth that are flattened, chipped, or fractured
- Jaw soreness or tooth pain

When you feel yourself starting to get anxious or stressed, these stress-reducing techniques may help:

- Have a nutritious, well-balanced diet and get enough sleep
- Exercise regularly
- Practice relaxation techniques, such as meditation, stretching, or yoga

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