

# Stress and Anxiety Awareness



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

For more oral health information visit  
[DeltaDentalNJ.com/blog](https://www.DeltaDentalNJ.com/blog)