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Can You Handle the Truth???

February Had 23 Days

In ancient times, at one point, the month of February had as little as 23 days. The number of days in February kept changing over time.

JOKE

of the Month

A man tells his doctor, "Doc, help me. I'm addicted to Twitter!"
The doctor replies, "Sorry, I don't follow you..."



February 2023



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Ways to Stay Motivated and Positive

The world can be full of negativity. That's why it's so important to stay positive and motivated, despite the situations you may face — good or bad. Have you ever read a motivational book, watched an inspiring video, or tried to implement a new habit, only to give up after a few days? What's going on? Why is it that we get motivated, inspired, and have all these great ideas, but then nothing happens? When you're lacking motivation or energy, start with these three questions:

What do you want out of this day? What have you done today to get closer to those things? What could you do right now that would move you toward your goals?

Remember that only you and your mindset can generate the positive energy you need. You can only practice some tried and tested routines that can get you on your feet whenever you are down. Different things motivate everyone. First, understand what motivates you.

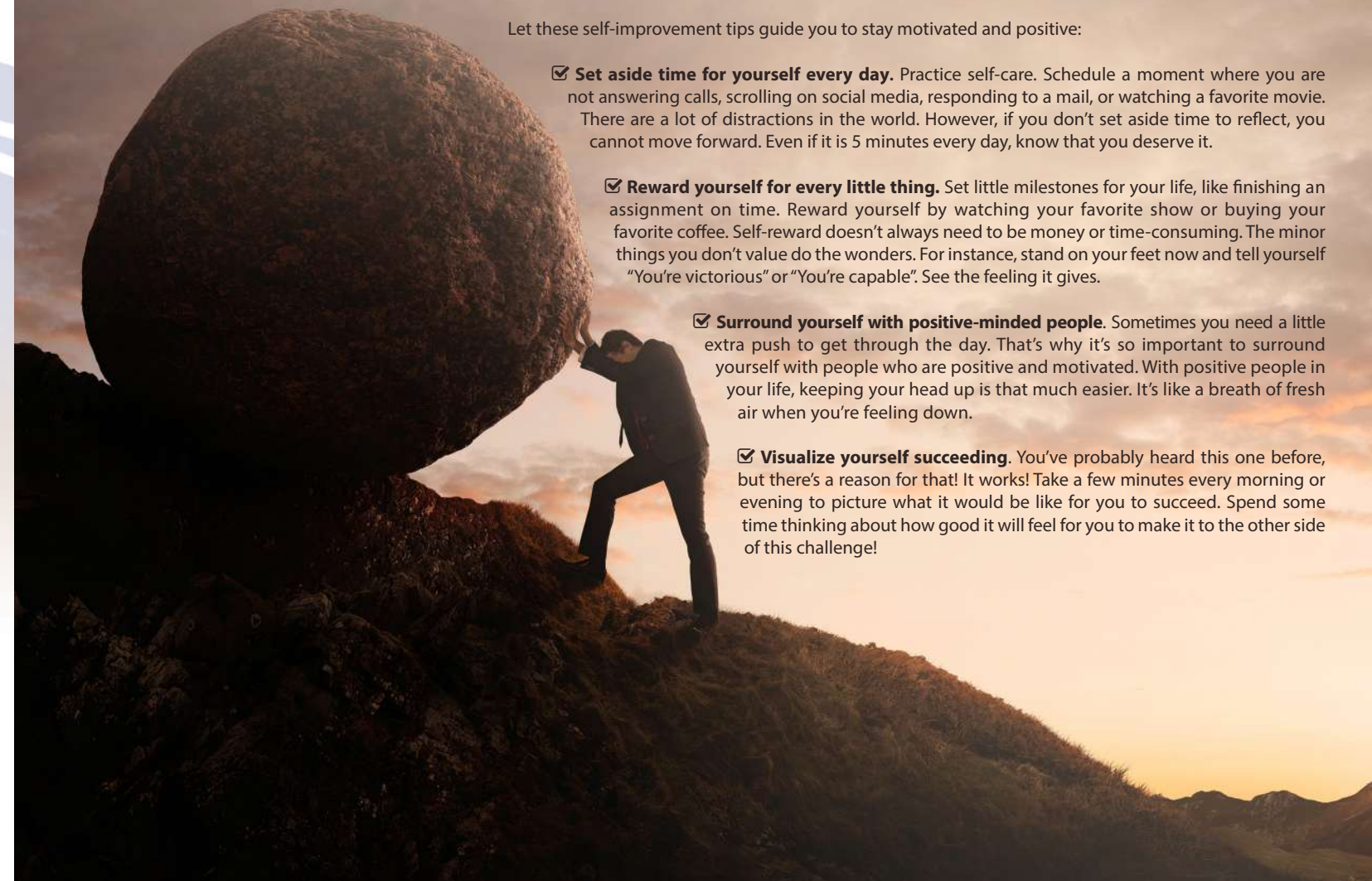
Let these self-improvement tips guide you to stay motivated and positive:

☑ **Set aside time for yourself every day.** Practice self-care. Schedule a moment where you are not answering calls, scrolling on social media, responding to a mail, or watching a favorite movie. There are a lot of distractions in the world. However, if you don't set aside time to reflect, you cannot move forward. Even if it is 5 minutes every day, know that you deserve it.

☑ **Reward yourself for every little thing.** Set little milestones for your life, like finishing an assignment on time. Reward yourself by watching your favorite show or buying your favorite coffee. Self-reward doesn't always need to be money or time-consuming. The minor things you don't value do the wonders. For instance, stand on your feet now and tell yourself "You're victorious" or "You're capable". See the feeling it gives.

☑ **Surround yourself with positive-minded people.** Sometimes you need a little extra push to get through the day. That's why it's so important to surround yourself with people who are positive and motivated. With positive people in your life, keeping your head up is that much easier. It's like a breath of fresh air when you're feeling down.

☑ **Visualize yourself succeeding.** You've probably heard this one before, but there's a reason for that! It works! Take a few minutes every morning or evening to picture what it would be like for you to succeed. Spend some time thinking about how good it will feel for you to make it to the other side of this challenge!



Tips, Tricks, and Trends

4 Genius Tips to Get More Done in the Morning

It's fun to stay in bed all morning. But that time you waste is always time you'll regret losing. Instead, you can use your morning hours to set you up for a killer day. How you start your day is a key indicator of how it will unfold. Being the most efficient version of yourself can also mean different things to different people.

Implement these four genius tips to get more done in the morning:

Have a morning routine. Wake up at the same time every day. Avoid hitting the snooze button. When the alarm goes off, get out of bed before turning it off. Some do this by putting the alarm across the room, so they have to walk to it if they want it to stop.

Avoid getting distracted by your phone. You don't want to keep receiving notifications or be distracted by social media. If your phone has the feature to freeze your apps, use it.

Do as much as you can the night before. To make the morning as simple as possible, pick out your clothes, pack your bag, and write your priorities for the next day. Be realistic with the time you need to get things done in the morning. Have a detailed list of things to do.

Have an accountability partner. Find a friend who is as excited about being more productive in the morning and a partner who has the same fundamental goals as you. Exchange your list of priorities with them.

It's hard to do things when we don't know why we're doing them. Keep your goals in front of you always. Remove distractions so you can stay focused. Do things even when they're hard. Staying productive is all about building momentum. The more stuff you get done, the more motivated you are to do more.

There are no shortcuts to success and productivity. But if you keep putting in the work, you'll have a better chance of getting there.

Fun Facts

That'll Astound Your Friends

- Before the invention of color TV, 75% of people said they dreamed in black and white. Today, only 12% do.
- The last letter added to the English alphabet wasn't Z — it was the letter J
- Paper bags aren't any better for the environment than plastic ones
- Until the 1980s, it was illegal for a woman to drive a car down Main Street in Waynesboro, Virginia, unless her husband was walking in front of the car waving a red flag.
- There are 70 (!) ingredients in a McRib sandwich.
- A "buttload" is a real measurement of weight.
- All colors of Froot Loops have the same flavor.

Healthy Habits For Your Child's Dental Health

Healthy teeth and gums are important for your child's health and well-being. Establish healthy habits early to set your child up for a lifetime of good dental health.

- Caring for the mouth starts early. Begin by cleaning your baby's mouth using a wet cloth and gently wiping the gums to remove any leftover milk or formula from the mouth.
- Brush your child's teeth as soon as the first tooth appears and make sure you lift the lip to brush along the gum line. Young children cannot clean their own teeth. Brush for them when they are very young and with them as they grow older.
- Use a soft toothbrush. Choose an appropriate size for the age of the child.
- Use a small amount of fluoride toothpaste to protect the teeth from cavities. Children under the age of 3 should only use a smear (size of a grain of rice) while those over 3 can use a pea-sized amount. Encourage your child to spit out the toothpaste.
- Make brushing fun and develop a routine: brush at a specific time (after a bath or before a book); in a specific location (mom's knee); or with specific cues (music, counting).
- Cavity-causing bacteria can transfer from your mouth to your child's. Avoid sharing soothers, toothbrushes or other items with your child.
- Regardless of age, discourage grazing on sugary foods and drinks throughout the day or overnight. For instance, constant and slow sipping on milk-filled bottles or sippy cups with juice keeps sugars in the mouth and can lead to cavities - fill them with water instead.
- The earlier a dental problem is found, the easier it is to fix. Check your child's mouth and visit the dentist regularly.



Black Bean & Corn Salsa

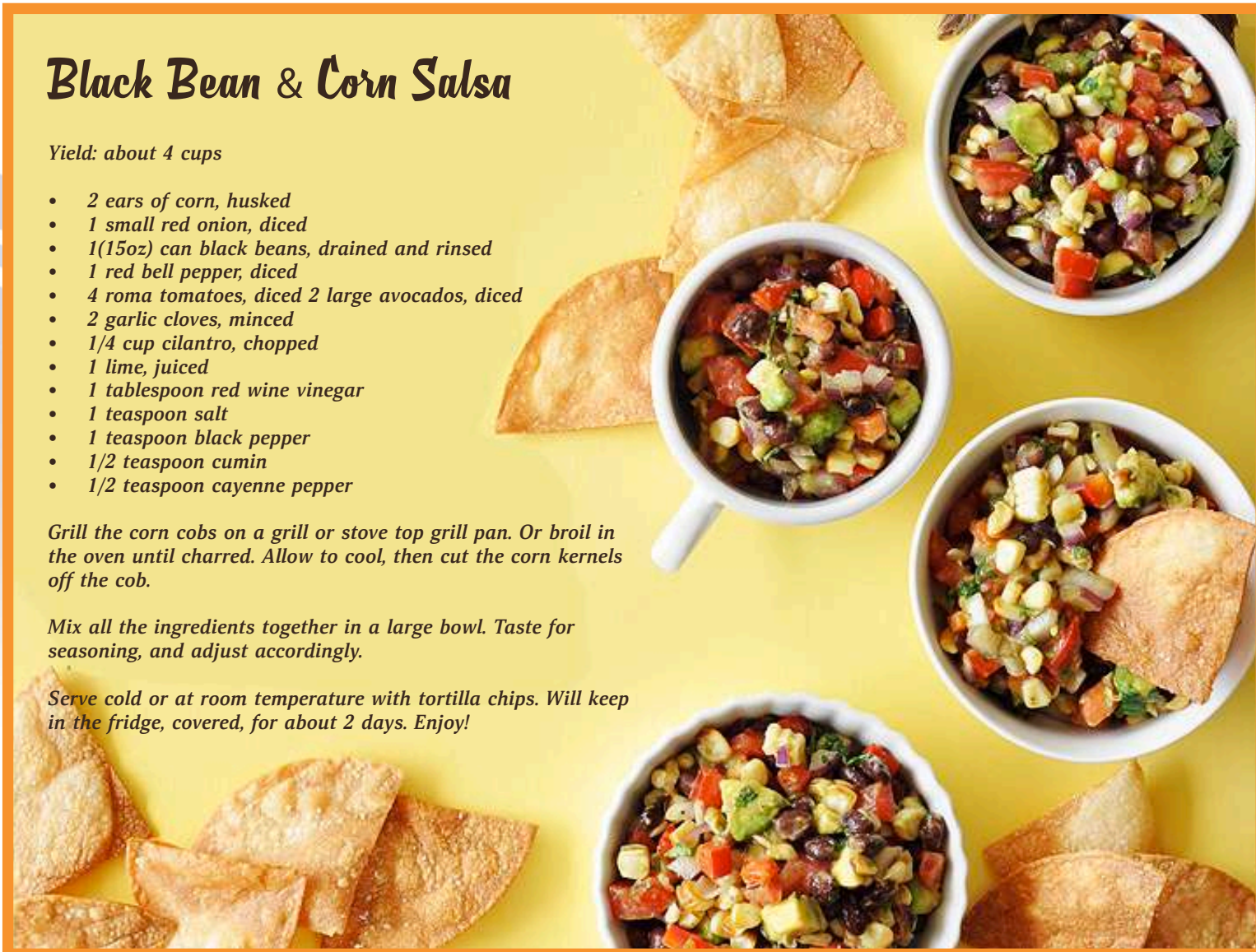
Yield: about 4 cups

- 2 ears of corn, husked
- 1 small red onion, diced
- 1(15oz) can black beans, drained and rinsed
- 1 red bell pepper, diced
- 4 roma tomatoes, diced 2 large avocados, diced
- 2 garlic cloves, minced
- 1/4 cup cilantro, chopped
- 1 lime, juiced
- 1 tablespoon red wine vinegar
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon cayenne pepper

Grill the corn cobs on a grill or stove top grill pan. Or broil in the oven until charred. Allow to cool, then cut the corn kernels off the cob.

Mix all the ingredients together in a large bowl. Taste for seasoning, and adjust accordingly.

Serve cold or at room temperature with tortilla chips. Will keep in the fridge, covered, for about 2 days. Enjoy!



Fun, Silly & Inspiring Quotes

"Alone, we can do so little; together we can do so much."

- Helen Keller

"Luck is a dividend of sweat. The more you sweat, the luckier you get."

- Ray Kroc Luck

"I am not a product of my circumstances. I am a product of my decisions."

- Stephen Covey

"If each day is a gift, then I'd like to know where I can return Mondays."

- John Wagner

"Build your own dreams, or someone else will hire you to build theirs."

- Farrah Gray

Life Hacks: Better, Faster, Easier Solutions to Life's Little, Everyday Problems >>>

Why Breaking Resolutions Is a Good Thing

If you're like most people you may feel guilty about breaking your resolutions. But psychologists indicate that breaking New Year's resolutions should not be as guilt-inducing as some people allow it to become. Instead, look at your broken resolutions as an opportunity to learn a little more about yourself rather than beating yourself up for not sticking to your diet or hitting the gym every day.

Likewise, some people come up with too many resolutions, which in the end can be overwhelming to try to attain. Instead of focusing on one thing they want to accomplish in the new year, they write down an entire laundry list

of changes-sometimes as many as 10 to 20 resolutions.

In reality, expecting this much change in a single year is unrealistic. Plus, these types of resolutions put added pressure on you, which can increase your anxiety and stress levels, especially if you have perfectionist tendencies.

So, if creating long lists of goals is your approach to resolution-making, it should come as no surprise when you break your resolutions. But instead of getting down on yourself, be thankful that the broken resolutions will relieve some of the pressure you felt to perform or meet unattainable goals.

