

The Wellness Teen

Dr. Harris Keeps You Informed

Winter Break And the Healthy Teenager

The weather is turning colder and it might even be snowing. Christmas Break is just around the corner and, while you can't wait to get some time away from the books, you know that you'll be busy.

Dr. Harris knows that you're not a little kid anymore and you've got a lot on your plate now; so, here are some ideas for having a healthy, stress-free, and Merry Christmas Break.

No Worries

In the first few weeks of December your life gets a little more stressful: cramming for finals, winter formal, working extra hours for Christmas money and trying to figure out what to get everybody can lead to quite a bit of stress. Remember that stress can weaken your immune system.

Instead of cramming for finals on your own find a study buddy who gets close to the same grades as you. Remember, this is a study group not a tutoring session. Spend time quizzing each other from old tests and research answers that one or both of you got wrong on the test.

For young women there is nothing more stressful or embarrassing than wearing the same dress as someone else to a formal. Avoid this concern by finding a store or boutique that offers a registry that guarantee they won't sell the same dress to two girls from the same school. These stores tend to sell dresses that you won't find in a department store and they guarantee that you no longer have anything to stress over.

Smart Gift Giving

Finding the right present for a special friend or loved one can be difficult; the important thing to remember is that it's the thought that counts not the price tag.

When shopping for your family, remember that one really thoughtful gift will mean more than two or three bargain gifts – and you don't have to be Donald Trump. Stop working extra hours for Christmas money and spend your time being creative in your gift giving.

Shopping for Mom and Dad

Let's be honest, you want to get your Mom and Dad something they'll really like but you don't



“Spend some time being creative and thoughtful in your gift giving.”

have a lot of money. Remember one important fact, Mom will love pretty much anything you get her as long as she knows that you bought it because you knew she'd like it.

- Is the kitchen done in sunflowers or cows?
- Does she have a collection of figures on her desk or on her dresser? If she collects something then buy her something to add to her collection.
- Is she an avid reader and if so, who's her favorite author? A new hardcover will cost about \$25 and would be a fantastic gift!

There is no one just like your mom so no one can tell you what to buy her; but if you spend some time thinking about it, you'll do great.

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Buying for Dad will be a little different than buying for Mom. Rule Number 1 – Ties are for Father's Day.

- Does he like to work with his hands? Any Dad who likes to work with his hands loves new tools; even if it's just another ratchet set.
- Does he like movies? Find his favorite movie on DVD and buy him a box of microwave popcorn. Wrap them together and he won't be able to figure out that it's a movie until he opens the gift.
- Does he have a favorite hobby or sport? If he's into a certain hobby try to find something that you two can actually do together. When he realizes that you want to spend time with him, it will increase the value of the gift.

Dads are usually pretty busy toward the end of the year, but knowing that they matter to their teenager can really make their New Year! So take the time to find a thoughtful gift.

In Summary

Just because you're a teenager doesn't mean that you don't have stress, but that doesn't mean that you have to get run down by all that you want to do on your vacation.

Remember that a healthy diet, rest and exercise are not impossible during the holidays and, along with regular Chiropractic adjustments, are an important part of staying healthy this holiday season and into your New Year!

Dr. Harris wants you and your family to enjoy a peaceful, joyful and healthful holiday season! Don't forget to take a moment today to schedule your regular Chiropractic check up!

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| Christmas | Families | Christmas Tree |
| Manger | Guests | Ornament |
| Hanukkah | Wrapping | Noel |
| Candle | Presents | Caroler |
| Wonderful | Gift | Singing |
| Festivities | Bow | Angel |

