

# Teen Talk

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A quarterly newsletter from the Children's Hospital League's Resource Center



## Realistic Resolutions

2012 is fast approaching. Historically, New Year's Day is when people make resolutions and set goals for themselves for the coming year. It's also a time when we reflect on our accomplishments from the previous year. It can be rewarding if we've achieved our goals, but disappointing if we didn't complete what we said we were going to. Many of us make the mistake of setting goals that are too difficult to reach, and so we feel discouraged (*and sometimes even bad*) about ourselves at the end of the year.

I think it's important to create realistic goals and expectations—not just on New Year's Day—but in general. Dreaming doesn't cost anything and it's okay to reach for the stars, but in order to reach your biggest goal you'll likely need to take many small steps to get there. It's easy to lose focus or feel overwhelmed and disappointed once you begin to realize that accomplishing a lofty goal you originally set for yourself is nearly impossible to complete.

Setting a few small goals that add up to a larger goal can keep you focused.

To do this, think of the steps you have to take to accomplish your ultimate goal and break them down into smaller individual goals. For example: Lots of people make general resolutions about losing weight and exercising more. These can be overall goals, but setting more realistic goals such as "I'm going to drink water instead of soda" or "I'm going to increase how much I walk until I'm exercising 60 minutes every day", is more manageable. This way you'll see results sooner and you'll feel motivated to keep going. When the expectations you set for yourself are realistic, you're much more likely to make things happen and feel good about yourself. This year why not make a resolution to set realistic goals that you can achieve!

— By Erica

## Quiz Your Brain: Colds and Flu

Colds and flu are nothing to sneeze at. Knowing the basics about preventing colds and flu and why they make us sick, can help keep you healthy. Take this True or False Quiz to find out how much you know about colds and flu, and then check out the answers (*upside down*) below.

### True or False?

1. Colds and flu are caused by viruses.
2. Viruses are everywhere so you can't stop them from spreading.
3. Colds and flu are no big deal; everybody gets sick.
4. The flu vaccine is the best protection against getting the flu.



Answers: 1. True, 2. True, 3. False, 4. True

For more info on Colds and Flu, check out our health guide online at: [www.youngwomenshealth.org/cold\\_and\\_flu.html](http://www.youngwomenshealth.org/cold_and_flu.html)

 Children's Hospital Boston

 Center for Young Women's Health

 Young Men's Health

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# Recipe: Jamaican Sweet Potato Pudding



## Ingredients:

- 2 pounds sweet potato, grated
- 1 cup flour
- 2 cups coconut milk (canned)
- 1½ cups dried fruit
- 2 tsp vanilla
- 1 tsp nutmeg
- ½ tsp cinnamon
- 1 tsp baking powder
- 1 cup brown sugar
- ½ tsp salt
- Cooking spray

## Instructions:

1. Wash and peel the sweet potatoes
2. Grate sweet potatoes then set aside
3. In a separate bowl, blend flour, nutmeg, cinnamon, baking soda, and salt
4. Combine dry mixture with the grated sweet potatoes and mix well
5. Coat a 9" square baking dish with cooking spray, pour in batter, and bake at 350°F for about 1 hr. or when the liquid is absorbed and the center is set
6. Cool on a baking rack

*Serving suggestion: Enjoy a small portion with a glass of low fat milk.*

— By Kayla



## Making the Holiday Season Memorable

The holiday season means a variety of things for different people, such as a break from school, time with family and

friends, traveling, etc. I'm sure that you'll want to make your holidays an experience that you will never forget, so here are some ideas to make your holidays memorable:

- ★ **Take a family picture.** Family pictures are always nice, so what better time to snap a photo than during the holidays when families are close together!
- ★ **Spend time with loved ones.** Holidays are usually spent with people that are important to you. Take advantage of the holidays to reconnect with people that you normally don't get the chance to see.
- ★ **Spend time in the kitchen.** Cooking and baking is fun and it can be a bonding experience if done with family or friends. Gather a group of relatives or friends and cook or bake your favorite holiday recipe or look for a new recipe that uses yummy seasonal ingredients such as sweet potatoes or cranberries.
- ★ **Make a scrapbook of past holidays.** Photos capture moments and make them last a lifetime. To make your scrapbook, gather favorite pictures of moments from holidays when you were a child. Create captions with the names of the people in the photos and consider including how you felt or your thoughts from that time.
- ★ **Travel.** Plan a trip with your friends or your relatives – even if it's just a day trip. Celebrating the holidays can serve as the perfect excuse to go on vacation with your loved ones or take in a local tourist attraction together.
- ★ **Community Service.** Not everyone is fortunate enough to have relatives or the means to have a nice holiday. Volunteering for a local food bank or shelter is a meaningful way to help your community. Doing something nice for others will help make their holiday memorable, and might make yours more memorable too.

— By Erica

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