

- Nutrition for health
- Herbal medicine
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Tranzformations

Enjoy better health and a better life

Stress! Stress!! Stress!!!

Liz Copeland's newsletter
June 2007

Exam season is upon us – A levels, GCSEs and school exams. It's not just tough for the kids, their parents suffer as well! So here is your survival guide for the next few weeks.

Make sure the basics are in place

- Easy food they can cook while you are out and they are "revising".
- Clean underwear, pens, pencils and exam equipment stockpiled.
- Exam timetable pinned to the wall (yours and theirs).

Assume they'll do their best

Well, we live in hope. By now, if they haven't worked there is little you can do. Teenagers come in two sizes:

- Those who haven't worked and don't care - make sure everything is in place but don't nag, it won't work.
- Those who have worked but worry a lot - tell them you love them anyway.

If you have a third type, a hard worker who doesn't worry, please don't boast about it to the other mums*!

You'll always be in the wrong

If you are solicitously looking after them they'll tell you to go away. Leave them alone and they'll feel you are ignoring them. A mother's* place is in the wrong so in the interests of your blood pressure, it's best to accept this with good grace.

And finally...You don't have to be perfect...and nor do they.

The nutritional and life management strategies we use at Tranzformations can help you and your teenagers. We are here to help. Best wishes to all,

Liz

* In the interests of equal opportunities, this applies to dads too.

