



adjust your lifestyle™

# Homework Headaches

Successful homework sessions don't just happen. A little effort, planning and support make the difference between the headache, frustration and battleground around the completion of homework and the peaceful smooth sailing episode of your dreams.

## The Real Headache

Afternoon headaches can be symptomatic of numerous causes. Getting to the cause is vital. A chiropractic examination or check-up will determine if there is misalignment of the neck, shoulders or other part of spine – a common cause of headaches. Many times, there is immediate relief. Is the book bag or backpack too heavy? Did an injury occur during practice or rehearsal? Is dehydration possible? Is an essential vitamin or mineral missing from meals? Address the cause as soon as possible. Some chiropractic practices offer nutritional recommendations in addition to spine and nervous system services.

## Study Skillset

**Set Up** – Arrange the study area to allow focus, good posture, and time management. Eliminate distractions and the battle stations structure. Successful homework sessions begin and end positively so determine what works for the best long term benefit. Good set-up includes a reset of thoughts. If today was a challenge, remember that tomorrow is a new day. Recalling successes, big or small, that occurred through the day help redirect discouragement and fatigue.

**Stretch** – Sitting for an extended period of time can cause discomfort, a fidgety feeling, and a sense of boredom. Set a timer as a reminder to stand up and stretch. Walk around the room, climb up and down a flight of stairs and breathe deeply.

While you are standing, rest your eyes by looking out the window or by closing them briefly. If it is a challenge to sit and concentrate, ask when the last chiropractic exam was scheduled. There can be pressure on a nerve or a misalignment that can cause dis-ease in organs, systems, or functions.

**Snack** – Keep nutritious snacks on hand to regulate blood sugar and help with concentration. Avoid sugary foods. Water is essential. Herbal tea may help de-stress from the day. If eating for the sake of “something to do while studying” becomes a habit, make some changes now and snack sensibly. Avoid using food as a reward. View food as fuel to keep the engine running.

**Reset** – During the break, check your calendar and arrange the next chiropractic appointment to reset focus on the mind-body connection. This action can be a huge reward following the homework session. After a break, do a “reset” with good intention and purposeful thought. Mark off what has been completed. Set a new goal for the next segment of the homework or study session. Remember to reset your alarm or timer if a new session is to take place.

**Success Awaits** - The familiar saying, “They didn't plan to fail. They failed to plan.” speaks as a reminder that in the same way homework won't do itself, the body needs help to perform at its best. Small steps and small changes lead to achieving goals of all types.

Contact us today to assist you in reaching yours.

Northern Chiropractic, PC  
11723 Old Glenn Hwy., Suite 101  
Eagle River, AK 99577  
(907) 696-4878  
[www.northernchiropractic.com](http://www.northernchiropractic.com)