

KID'S CONNECTION

Winter 2015-16

Unable to Make it To Conference This Year?

We've got you covered! If you, your parents, or your friends are interested in what was discussed over the summer, ASAP has posted videos from several presentations. All of these videos are of no cost to you. Head on over to ASAP.org or visit our YouTube channel to browse the videos from last summer as well as other information we have prepared for you.

Hello everyone! As the coldest time of the year has come, I have noticed that my body is experiencing more pain than usual. The combination of school stressors and other responsibilities can add to pain. I have learned about an interesting and useful way to help manage pain that I would like to share with all of you!

Biofeedback is a technique used by many individuals to control pain and stress. A therapist or physician helps

people learn how to use this treatment. You don't have to think about many of the things your body does, like make your heart beat or arms sweat. You use biofeedback when you learn ways that you can change and control these things. For example, some people get headaches where all the blood rushes to their brain. By using biofeedback an individual can learn how to redirect blood flow, which helps to decrease headaches.

Biofeedback is a good tool to have, but of course not all treatments work for everyone. The best way to decrease pain is to use all of the different ways your doctor suggests, like taking medicine, eating healthy foods, and decreasing as much stress as possible. It is important that you ask your doctor or parents if you have trouble with any of these things so that you can stay well!



American Syringomyelia
& Chiari Alliance Project

Have questions, suggestions for the next newsletter or want to meet new people? Email us and let us know!

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This winter has been unusual for most of us! As for me in Indiana, we haven't got much snow all winter. Other areas of the country have had huge freezes and snow. Wherever you may be, take some time to discover and enjoy...

Winter Fun!

G O H X W X O I D U N B K X L P D W G N M U F S S S S M G D Y
G N L C C Z X G N I D R A O B W O N S A X H X A K Z T N L P
X M I E B B S O W V Z H E R J N M V W M Q X X I C Y H I Z H
B Z Z D N E N X C Q X W G Y P B G W L W U I I V H K J B M D
P O S M D W G R V J F G P U F S C W M O N N Y O W O S U D X
K N W J D E I U X B E N A Z V T H M K N G Q U S U P V T C Q
J U L O E E L O A W I T V P Y O U A Z S O H A P D R R L T X
E O Q E K H N S Y G Y M S M Y S M V C P X H Q Q J U W R M E
P A F Y G P J I J H O C E V F O S N L E J A M A R I J L T P
E O A W X N U A C B H A N K K M D B L Q D T Z A A Z A Q K A
M M Q I Z X A U U A U L J S O Y S N V H D A U P E L Q X V G
A Q I H E M T W R A F Z W X J D O P J M C N X D Y H L P A Y
R I Q T Y M X C O F Z V L Y T C K H G B H D R K W W D B I Z
L R M U Y K V A S N K A H M S N R Q H W V G H J E Q S E J X
H K W D I L X G N Y S D L T C G Q U L I M L F J N C P V U C
G O L V W K I N B U B T Y O R H K O A K Q O B C S L U M A N
W T T B B R K M B Q L R S N Q Z K U V I Q V H W D V E B F C
J V Z C O T P E A V W U I P V B B U M E E E L P M G N W H H
K N Y X H V L Q N F F V A V B O N O N G J S P R G M F I E C
K V M X Z O N K J H W Z H Q L O U T Q K B P F P B I H C V O
M G J X L K C X U Q R Y J A G A W P S M B N S P A B S T G N
I G T G R Y S O H W M F C B K D H N Z S C C V R O R F I N I
C K H G Z J B E L M Y H E S U I J I S O C G S I L M S S R D
C X H U W M B D Y A I O Q N H Q V B T J L A R H B L T O B D
V X M T S H L P A D T W Y M Q B O G N Y O U W I E Q H O J S
G G B W S K Y H F T R E V R K Y X C K B C B F U U Q S E G L
W B R G R K R J B D C T J C U A U M Z V J B Q Q V H F K F B
N A E B A J A H F D Q W M T X Y U K H B E N N P X K X Q L A
M W H H Q W D J Y T J H H R X Y C F U D Z F V A P S S T Q I
W G E P L O J B L A C T B C D D S D N X Q M B N J C F J Z X

FAMILY TIME
HAT AND GLOVES
HOT CHOCOLATE
NEW YEAR
SKIING
SLEDDING
SNOW ANGEL
SNOWBOARDING
SNOWMAN
TUBIN



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