



**TEEN HEALTH**

# No Drama Queen

*By Lauren Paige Kennedy*

Abigail Breslin rocketed to stardom in 2006 in *Little Miss Sunshine*. Nearly a decade later, the native New Yorker, a professional actor since age 5, jumps from film to television with the campy fright-fest *Scream Queens* (created by *American Horror Story* and *Glee* mastermind Ryan Murphy) this fall. Breslin, 19, is an author as well—her first book, *This May Sound Crazy*, debuts next month.



*Fox's  
Scream  
Queens  
airs  
on Tuesdays  
this fall.*

**You have grown up in the spotlight. What's it like dealing with the pressure in Hollywood?**

It's destructive. The focus is more on what an actress looks like and what she wears to a premiere than what she did in the movie. But *you* can't focus on it too much. Don't check your phone or Twitter comments. Let it go. I have social-media-free days.

**Describe your health regimen.**

I believe in doing everything in moderation. That's my thing. Deprive yourself of nothing. I'm allergic to gluten, which sounds like an actress-y thing to say, but I actually am. So I try to eat as healthy as I can. I also do a lot of [recumbent] cycling. And I love this *8 Minute Abs* tape I do in my trailer, every single day. It works!

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**Do you still suffer from asthma?**

It's mostly an allergies thing. It's been better lately, but I still carry around my inhaler. Well, actually, I make my mom keep it in her bag anytime we go anywhere together!

**Your Tumblr blog, *Mixtapes & Winter Coats*, inspired you to write a book. It's got advice for teens, right?**

I started blogging when I was 16. About my emotions, guys, and important things in life like that...I want [other teenagers who] read it to see you're not alone, even when you're wondering when it's OK to text your crush first, which is the most terrifying situation ever. I'd tell my 14-year-old self not to think guys are the most important thing in the world. I'd say that to my 17-year-old self, too!

Reviewed by Hansa Bhargava, MD  
WebMD Medical Editor