

## MORE SCREEN TIME = LESS SLEEP & HAPPINESS



According to reports from the Radiological Society of North America and the Associated Professional Sleep Societies, smartphone addiction among teenagers is linked to higher rates of depression, anxiety, insomnia, and impulsivity.

Both groups found spending more time on phones contributes to disruptive sleep and more symptoms of depression. Whether it was phones, watching TV or playing video games — all contribute to these depressive symptoms. Gaming was the biggest culprit.

Teenagers who spend more time looking at screens were unhappier than their counterparts who spent time outside, read magazines, or socialized face-to-face, according to a report by a team of San Diego State University psychology professors who reviewed surveys of more than 1 million students from the 8th, 10th and 12th grades. Other studies have found an unsettling relationship between selfie filters and plastic surgery.

The good news: Some teenagers are aware of their dependency on their smartphones and are attempting to fix it. Solutions include scheduling more time with family members and putting the phone in another room before going to bed.

**Positively Waiting** encourages parents to help their children set limits or create screen-free times and areas in the home. The key being

HELP YOUR CHILD DECIDE ON LIMITS, not decide for them.

This is an opportunity for your teen to practice self-regulation. If Mom decides how much screen time is appropriate, then an adolescent's internal mechanism for self-control gets no exercise. But if the teen is allowed to set their own limitations and then make whatever adjustments are needed after assessing the results, it will help get that

(CONT.)

## THE SECRET TO RAISING HAPPY, HEALTHY TEENS

As you know, **Positively Waiting** promotes the benefits of SEXUAL self-control. But it turns out ALL forms of self-control have positive benefits!

A vast data analysis found strong links between two old-fashioned virtues, TIDINESS AND QUIETNESS. Teens with these traits had a reduced risk of early death, whereas impulsive teenagers were less likely to make it into their late 60s.

These qualities seem to lead to healthier life choices and, crucially, decrease the risk of divorce. Previous studies have shown that divorce is a major risk factor for early death. Divorcees are prone to neglect their health and, without a partner to prompt them, are less likely to visit the doctor.

Scientists at the University of Rochester, New York drew on data from the Project Talent Study, a study that began in 1960. Some 377,016 pupils, ranging in age from 13 to 18, completed a series of psychological tests and questionnaires over two days in that year.

The study argues that, people who are quiet and thoughtful as teenagers may be intrinsically healthier because these psychological factors have a beneficial impact on the body's immune, hormonal and cardiovascular systems.



# COACH'S CORNER

A long time ago, at a marketing seminar, I learned that the first 10 seconds of interaction for a customer sets the tone for the entire sales

opportunity. (Nowadays that's a lost art — being ignored when you enter an establishment is standard operating procedure. But I digress...) Still, the principle applies equally to other environments. For instance, the first 10 seconds after you get home sets the tone for your whole evening.

In our household, we make a point of greeting, (often with kissing and hugging) when we get home, and we don't bring up any major issues until we've had a change of clothes and relaxed a bit.

I once mentioned to a group of women I was mentoring that this is something I do intentionally, and their response was illuminating to me.

One woman said, "Are you kidding!? I'm on the phone nagging him while he's driving home."

Another said, "But what if I've been waiting all day for him to take care of something? If he doesn't do it right way, it'll never get done."

It was enlightening because the chief complaint from both of these women is that their man doesn't spend time enough with them, doesn't take them places, and isn't affectionate or attentive. In fact, both of their partners often displayed passive-aggressive behavior.

When I suggested HER nagging could be the reason HE avoids her, it gave another gal in our group an epiphany.

She said, "No one *ever* taught me to think like this. I've been dating since I was a teenager, one relationship after another, looking for a guy who will make me feel special and important... and now I realize, I *trained* them to treat me the way they did."

I've had the same conversation with parents who wonder why their teenagers are avoiding them.

It makes sense, doesn't it" If the majority of conversation between you and your teen is correcting, criticizing and fault-finding, even

though *your intentions are good*, its doesn't make you very pleasant to be around. Many adolescents hear criticism and become convinced Mom & Dad don't think they can do anything right.

Yes, teens **do** make lots of mistakes, and they **do** have poor impulse control — but they already know that! Adults who help them believe they can and will do better next time, are the ones a teen will gravitate to.

So... **"How fun are you?"**

## SCREEN TIME, CONT.

internal regulator working on its own.

In Real Life it would look like: 15 year old Jeremy believes he can have 3 hours of screen time every night, and still complete his homework and get a good night's sleep. But if after 2 weeks, there is no improvement in the amount of completed homework or ability to wake up, then Jeremy and Mom & Dad **can all agree (without a fight) that the right amount of screen time must be less than 3 hours.**

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