

APRIL 2020

# WESTCHESTER LIVING

SERVING THE WESTCHESTER COMMUNITY

## Play with Passion

*Meet the Ramey Family*



**Also in this issue:**  
**Local basketball team makes big headlines**

PHOTOGRAPHY BY ZSUZI PHOTOGRAPHY

 Best Version Media

EXPERT CONTRIBUTORS



**FULL SERVICE DENTISTRY**  
**THEODORE BURNETT**  
THEODORE BURNETT, DDS  
Los Angeles Dental Arts  
**310-670-0379**  
losangelesdentalarts.com



**EDUCATION**  
**CHRISTOPHER P. WATSON**  
VISITATION SCHOOL  
Principal  
**310-645-6620**  
www.visitationschool.org



**HEATING & COOLING**  
MAX COMFORT  
HEATING & COOLING  
**424-456-4983**  
www.mxcomfort.com



**LEGAL**  
**MARIO PACIONE**  
PACIONE LAW FIRM  
**310-912-9940**  
pacionelawfirm.com



**MENTAL HEALTH AND WELLNESS**  
**CYNTHIA SAMPSON**  
LIFE ADJUSTMENT TEAM  
Psychiatric Rehabilitation Specialists  
**310-572-7000**  
www.lifeadjustmentteam.com



**REAL ESTATE**  
**AMY FRELINGER - REALTOR**  
DOUGLAS ELLIMAN REAL ESTATE  
**310-951-0416**  
amy.frelinger@elliman.com



**MARTIAL ARTS**  
MARINA MARTIAL ARTS  
**310-821-6768**  
13203 West Washington Blvd.  
Los Angeles, CA 90066  
marinamartialarts.net

To learn more about becoming an expert contributor, contact Best Version Media at [rflorin@bestversionmedia.com](mailto:rflorin@bestversionmedia.com) or call 516.314.5018.

**Support The Sponsors That Make Your Magazine Possible**  
**Please Tell Them You Saw Their Ad in *Westchester Living***

- Stephanie Younger Group-Realtor
- Los Angeles Dental Arts- Dr, Theodore Burnett, DDS
- Peter Kohly - Insurance
- Doggie Central
- Westchester Lutheran School
- St. Anastasia School
- Head To Toe Salon
- Beach Bunz - Tanning
- Westchester Family YMCA
- Wish School
- LA Elder Law

- Life Adjustment Team-Mental Health
- Visitation School
- Le Pain Quotidien – Bakery/Restaurant
- Cantolini’s Salerno Beach Restaurant
- Swift Plumbing - Bruce Games
- Playa West Automotive
- Zsuzsi Steiner - Photography
- Artistico School of Dance
- Rowena Cleaners
- Westchester Bakery
- So. Cal. Gas

- Amy Frelinger Team - Realtor
- Pacione Law Firm Mario Pacione, Esq
- Gerber Kawasaki – Francine Lai
- Moore Money - Accounting
- Marina Martial Arts
- Playa Venice Sunrise Rotary
- Pediatric Neuropsychology
- Anti-Human Trafficking-Rotary
- Aviator Volleyball Club
- Industrial Lock & Security

*Zsuzsi Photography*

Zsuzsi specializes in photographing small children, pets and folks who are not big fans of getting their photos taken. Sessions are fun and easy. Family session \$150.

ZSUZSIPHOTOGRAPHY.COM 714-856-5737

MARISA GARDENAS  
STYLIST

HEAD TO TOE SALON

6310 W. 89TH St. #A  
LA., CA., 90045  
310-338-8689

EXPERT CONTRIBUTOR



# The Link Between Social Media and Stress

By: Christopher Watson, Principal, Visitation School

The World Health Organization defines Mental Health as “a state of well-being in which every individual: realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” However, all too often stress is the underlying factor that leads a child down a path of poor mental health.

The most alarming statistic from the World Health Organization is that there is an exact correlation between the age that a child begins using social media and the spike in mental health and stress related disorders.

Media stressors are not going away, and they perhaps will get more intense over time. High levels of unchecked stress can have internal and external effects on students. Internal effects of poor mental health caused by unmitigated stress includes anxiety, depression, and even cutting or suicide. Outward behaviors can include disruptive behaviors, bullying, or aggression.

It is proven that students with any kind of “attachment” to social media have experienced some form of stress. According to Dr. Rosen at the Harvard University Department of Psychology, Social media stunts social skills development, puts too much stress on young people’s identity development, hinders sleep, and maintains a constant state of hyper-arousal. These result in negative coping behaviors that include overeating, overworking, withdrawal, perfectionism, eating disorders, substance abuse, caffeine addiction, and other self-defeating behaviors.

Eliminating media intake is not the answer here. The solution is a bit more

complicated and harder to maintain, but significantly worth the efforts. The solution is to moderate and control the quality and quantity of media intake from all sources so that students have a healthy and appropriate exposure to different sources of media. Setting limits and having parental controls is one of the most common ways to create a healthy amount of media consumption.

Additionally, children should never be allowed to go to bed with their devices. This exacerbates the state of hyper-arousal and children should be off all devices for 1-2 hours before bed. When children are allowed take their devices in their room at bedtime “to charge them,” they get back on their devices (shocking, I know!) and continue to use them well into the early morning hours. This causes circadian rhythm disruption, sleep deprivation, and exhaustion, all precursors for anxiety, depression and other mental health related problems.

The overall time children spend on devices taking in content should be managed as well. I urge you to visit commonsensedia.org and spend some time looking up all the appropriate times and sources of information available for your children out on the internet, tv, and social media platforms.

There is nothing more important than the healthy development of our children. Mental health is a huge piece of this development and social media has complicated this development significantly. We need to be aware of the tips, tricks, pitfalls, truths and falsehoods associated with the stressors that are affecting our young people, so that we can be sure they have the support and structures necessary to be healthy, happy, and successful. ♦

GIVE YOUR CHILD THE GIFT  
of  
**A STRONG FOUNDATION**  
for  
a BRIGHT FUTURE

With our dedication to academics, sports and afterschool clubs, we strive to create endless opportunities for students to develop their leadership skills, to support each other, and to feel supported. And boy, does it pay off.

100% of our graduates get accepted into their first choice high school. Graduates have then gone on to become doctors,

lawyers, CEOs, newscasters, entrepreneurs and even an astronaut.

We’d love to tell you more about how Visitation helps each student excel and reach their full potential. Schedule a tour to learn about our vibrant community. Enroll and give your child the gift of a Catholic Education.

Follow us on FB @VisitationSchoolLA

**VS VISITATION**  
CATHOLIC SCHOOL

www.visitationschool.org | 8740 Emerson Avenue, Westchester | 310.645.6620

*Excellence Since 1947*

