

## Can kids find their freedom?

Do our youth need more activities to do? The answer is no, a survey completed a few years ago, found that 55% of Palos Verdes teens had 5-9 extra activities they did besides school and homework. Wow! That's a lot of stress. That included sports, lessons, practices, service, trainings among other things to do.

Personally, I think that is too much. Ideally, a parent provides opportunities for their child to experience a variety of interests with the goal of finding which one or two connect with them the most. Next would be to stick with those and develop them further. They may become a leader in that area or excellent in it.

What they like to do is something they are naturally good at, something they excel at. Competency then leads to confidence as they find their place in the world doing well.

Over scheduling, has led to increased depression, anxiety and feelings of failure in our youth. Many parents need to scale down their kids activities so they also have time to relax (unheard of in parenting circles) and time to play (another forgotten experience for young people). Kids alike to adults need a balanced schedule and lifestyle. It's ok to stop and smell the roses!

At Freedom4U, our youth non-profit organization, we aim to help kids find their unique passion and purpose in life. This leads to confidence and a feeling of freedom as they discover, develop and express themselves.

This could be in an area of study, a creative skill or a new discovery for them.

If you could like help guiding your pre-teen or teen into their passion and purpose, then contact us.

Dr Greg Allen is a practicing therapist in PVE and San Pedro. He is also founder and director of Hearts Respond ([heartsrespond.com](http://heartsrespond.com)) and Freedom4U ([freedomcommunity.com](http://freedomcommunity.com))