

Steps That Some Have Taken to Restore Balance to Their Time-Starved Lives

Say “yes” or “no” consciously

Limit evenings away from home

Give full attention to the activity you are engaged in AND end an old activity before accepting a new one.

Limit the time you use to check texts, emails, and social media posts

Schedule fewer activities back-to-back and take more time for rest and reflection

Cook more from scratch and linger over meals – take time to eat slowly and enjoy what you eat and who you share your meals with

Don’t wear a watch on the weekends

Set firm limits on when you work

Do just one thing at a time

Turn off the TV or refrain from “screen” time

Take a stroll through your neighborhood

Devote more time to self-care and less time to shopping

Relax into the household chores!

Try meditation

Pause to appreciate the little things

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