

- **Stress and Time Management**

Kaylin Kwan, Macy 4-H Club, L.A. County 4-H Youth Healthy Living Chair

With the whirlwind of stresses from school, work, and keeping up with everyday responsibilities, everything always seems to be overwhelming. Keeping a balance of what we need to do can be a struggle and take a toll on most people. Although adding a few more hours during the workday or while studying may seem to help manage time more effectively, losing sleep and pushing personal limits too far can lead to burnout.

Many people feel that finishing their work or receiving a high grade in school reflects the quality of their life. Losing sleep in order to accomplish these things lead to health problems that include increased risk of anxiety, depression, and heart disease. However, learning how to effectively manage time, improved sleep habits and lower stress levels can result in a better-quality life.

Creating a plan for work and a timeline with significant milestones can minimize the stress that comes with many assignments or projects. Although completion may feel to be a long way away, checking personal progress with the milestones set in place allows one to monitor the work that's finished and still needs to be done. Completing work at a steady pace rather than rushing through it might also boost confidence and the feeling of accomplishment.

Managing time efficiently allows an individual to complete work, enjoy personal life, and get a full night's rest every night. Instead of putting off sleep at a reasonable time, develop a schedule that allows you to get enough rest in the night so that there is sufficient energy for the next day.

Mastering time management skills allow one to maintain a healthy work-life or school-life balance. Knowing you're in control can reduce the amount of stress felt from all the requests, demands, and distractions given.

Stress is common at school and work, but with time management, it's still possible to have organization in our life. Although there are a million things that needs to be done with what feels like never enough time, time management skill will definitely simplify life.