

Lesson 1

Time Management and Health

Review Terms

- Basic Needs
- Everyday Living
- Goals
- Health
- Moderation
- Nutrition
- Opportunity Cost
- Sedentary
- Stress
- Time as an Investment
- Time Management
- Values

Time Management

- Organizing your **time** so you can do the things you need to do & want to do
- Wise **time management** helps you make daily or at least weekly progress toward your goals
- Tracking how you spend your time will help you see what you spend your time doing
 - May help you spot ways to **multi-task** (get more than one thing done at a time)

Living a Balanced Life

- Having a balance of:
 - Work and/or education
 - Recreation/relaxation
 - Sleep
 - Eating
- Have a variety of activities in your life to make your life more interesting & productive
- You will make sure you have time to do what you need to do, and time to do what you want to do

Time Management & Stress

- Poor **time management** is a major cause of stress
 - When you run out of time to do what you need to do, you get **stressed** about what you aren't accomplishing
- **Planning ahead** for those activities can help relieve that stress

Getting Enough Exercise

- Technological advances have allowed more people to develop a *sedentary* lifestyle
 - Lots of sitting around and not much physical activity
- Regular exercise helps people cope with stress better
 - Also increases productivity

Nutrition & Good Eating Habits

- A healthy & balanced diet does boost your immunity and does lessen your chances of getting certain diseases
- Good time management will allow you to better plan your meals to ensure you are eating healthy
 - Home-cooked meals
 - Dining out

Investing Your Time & Lifestyle Decisions

- **Time** is a limited resource that has alternative uses
- When you choose to use that resource in a specific way, you are giving up using that resource for another use
 - Called **opportunity cost**
- You want to invest your time in those activities that are the most **important** to you
 - It may mean sacrificing some activities that you would like to do but are not as high of a priority

The Economics of Healthy Living

- **Healthy living** means less time sick
 - Don't miss as much school or work
- Health issues due to an unhealthy lifestyle can cost you
 - Increased **health care costs** (more trips to the doctor, increased likelihood of major illnesses or injuries, etc.)
 - Hourly wage workers don't get **paid** when they don't show up to work, sick or not
 - Excessive absences from work due to illness could get you fired