Crises of Our Own Creation: Where Did the Time Management Go?

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The Scenario

We can use the video around October 5 if you would have it ready by then.

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The Why

1. “Thus, unstressed participants perform slightly better and make more advantageous, safer, less risky, or more patient decisions than do stressed participants.”¹

2. “Results from the current meta-analysis document high levels of both posttraumatic (26.2%) and psychological (23.1%) stress associated with COVID-19.”²
   
a. “findings suggested approximately one-in-four adults require mental health services during the ongoing pandemic.”²


What happened to time management?

- When we are experiencing stress, our pre-frontal cortex is impaired.\(^1\)
  - Especially if we don’t feel in control of the situation.
- “Time management refers to a range of skills, tools, and techniques used to manage time when accomplishing specific tasks, projects and goals. This encompasses a wide scope of activities, and includes planning, allocating, setting goals, delegation, analysis of time spent, monitoring, organizing, scheduling, and prioritizing.”\(^2\)

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The Response (Solution?)