

- ➔ The concept for this two-part Take Back Your Time observance—Take Four Windows of Time and Public Policy Advocacy—was developed cooperatively by the Massachusetts Take Back Your Time Committee and the Massachusetts Council of Churches.
- ➔ It has now been adopted by diverse faiths and community organizations, throughout Massachusetts and beyond.
- ➔ We invite you, your family, community, or organization to get involved.

This leaflet may be freely copied or adapted to share with others.

For an electronic version that you can download and print out, and for more information, public policy suggestions, and ideas for follow-up, contact:

**Massachusetts Take Back Your Time Committee**

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[www.timeday.org](http://www.timeday.org)

Keyword: "Four Windows of Time"

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Keyword: "Take Back Your Time"



Take Back Your Time  
[www.timeday.org](http://www.timeday.org)

Our society is out of balance.  
We need time for our health,  
our families, our communities.

Time to slow down.  
Time to re-create balance.

# Take Back Your Time

Find out how you can join  
people all across Massachusetts to  
Take Back Your Time



Take Back Your Time Day

([www.timeday.org](http://www.timeday.org)) is a nationwide initiative to challenge our national epidemic of overwork, overscheduling, a rushed, hurried pace of life, and lack of time.

## Take Four Windows of Time

Resist a relentless pace of life for yourself and your family. Take back time from excessive work hours and scheduled activities.

This fall, between Labor Day (September 6, 2004) and Take Back Your Time Day (October 24, 2004), choose four times to:

- rest body and mind
- reconnect with family and community
- reclaim time
- revive energy for life
- renew your inner life
- recreate balance

For example, take one night a week for four weeks—or any four windows of time—for simple, restorative activities. Just time to be with self, family, community, nature. Time to restore your soul.

Take four windows of time with:

- no scheduled activities • no work
- no intrusive technology • no stress
- no obligations • no guilt

Re-create balance.

*Take back your time.*

## Re-create Balance

We were promised that the high-tech innovations of our economy would create more leisure time. What's actually been happening?

Workers in America now work an average of nine full weeks more per year than do European workers. Since 1973, the average U.S. worker added an additional 199 work hours to his or her annual schedule.

American workers have by far the shortest paid vacations in the industrialized world. 26 percent of us get no paid vacation at all!

Long work hours for some of us mean unemployment for others.

The average parents in the U.S. today spend 38.5 minutes a week in meaningful conversation with their children.

Overwork and a relentless pace of life have a negative impact on health, families, safety, community life, civic participation, spirituality, quality of worklife, economic justice, the environment, and personal well-being.

## Public Policy Advocacy

Resisting excessive work hours or an overscheduled lifestyle is not purely a personal choice—it has public policy implications.

As part of this Take Back Your Time observance, we are encouraging legislative initiatives that offer creative solutions to these problems.

For example, in Massachusetts, diverse organizations are promoting a range of time-related legislative initiatives at the state level.

At the national level, the *Take Back Your Time campaign* ([www.timeday.org](http://www.timeday.org)) is promoting:

- Make Election Day a national holiday
- Paid family leave
- A minimum annual 3-week paid vacation
- Limit employer-mandated overtime
- For how to get involved, see contact information on the back of this flyer.

Imagine if you and your family took, for example, four Wednesday nights off from long hours at work or extracurricular activities.

- What would you do instead?

wander in the woods • make music • play charades or board games • tell jokes • laugh • share a personal thought or feeling with a loved one • celebrate your spiritual tradition • ask an older person about his or her life • read poetry aloud • photograph the beauty around you • knit • write a letter to an old friend • cook slow food • plant trees • relax and breathe deeply • cuddle with your pets • eat a picnic • listen deeply to children's ideas • write in your journal • sleep • reflect on the balance of labor, leisure, and consumption in your life