

We invite you, your family, community or organization to get involved. For community ideas, see:

Ready, Set, Relax
<http://readyssetrelax.org>

Needham Unplugged
www.town.needham.ma.us/Youth/YouthCommissionNeedhamUnplugged.htm

Massachusetts Council of Churches
www.masscouncilofchurches.org/docs/takebacktime.htm
(Thanks to MCC for their pilot project which originated the Four Windows.)



This flyer and all related Take Back Your Time materials may be freely copied and shared. For downloadable versions, or to send us your feedback electronically, go to www.timeday.org, keyword "Four Windows of Time."

TELL US HOW YOU TOOK BACK YOUR TIME

We will compile people's stories and create a "National Take Back Your Time Scorecard" of the total hours that people all across America took back through this project. The results will be publicized to the media and our nation's leaders, to show how deeply Americans want more time. So after taking back your time, please tell us:

Here's how we took back our time _____

This is what we learned from the experience _____

Approximate number of hours we took back _____

Other comments? _____

OPTIONAL: Your name or initials _____

Address _____

City, state, zip _____

e-mail _____

Return to: Take Back Your Time, P.O. Box 19862, Seattle, WA 98109-6862. Or e-mail us (see above.)

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 America to
Take Back Your Time**



Sponsored by
Take Back Your Time
(www.timeday.org),
a nationwide non-profit,
nonpartisan initiative that challenges
our national epidemic of overwork,
overscheduling, and a rushed,
hurried pace of life
(Time Poverty).

1. 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 Take Back Your Time Day (October 24th) and January 1st, Take Back Your Time Day, 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

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

Since 1973, the average American added an additional 199 work hours to his or her annual schedule. Americans now work an average of nine full weeks more per year than do Europeans. (Take Back Your Time Day falls annually on Oct. 24 — nine weeks before the end of the year — to emphasize this fact.)

Americans 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 means unemployment for others, and less time for our children, families, and communities.

Overwork and a relentless pace of life are harmful to our health, safety, civic participation, spirituality, quality of worklife, economic justice, and the environment.

Re-create balance.
Take back your time.

2. Tell Us How You Took Back Your Time (see back cover)

3. "Time to Care" Public Policy Agenda

Resisting excessive work hours and a rushed, hurried, overscheduled pace of life is not only a personal choice — it also has public policy implications.

To encourage creative legislative solutions to these problems, Take Back Your Time is promoting a national "Time to Care Agenda":

- * Make Election Day a national holiday
- * Paid family leave and sick leave
- * A minimum annual 3-week paid vacation
- * Limit employer-mandated overtime
- * Benefits for part-time workers

For more information, see www.timeday.org, keyword "Public Policy Agenda."

Imagine if you or your family took, for example, four Wednesday nights off from long work hours or scheduled 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 * take a long, relaxing
bath * ask an older person about
his or her life * read poetry aloud *
observe the beauty around you *
knit * reconnect with an old friend
* slow down and breathe deeply *
plant trees * cook slow food *
have a picnic * listen carefully to
children's ideas * write in your
journal * sleep * reflect on the
balance of labor, leisure, and
consumption in your life