

TAKE BACK YOUR TIME

Take Back Your Time is a non-partisan initiative addressing the issues of overwork, over-scheduling and time poverty in our society. Take Back Your Time promotes personal, workplace, community and political solutions that allow people to have more time for family, health, relationships, spirit and faith, civic involvement, environmental stewardship, volunteering, and personal well-being.



WHY SHOULD YOU CARE?

Are you or your friends or relatives working more now and enjoying it less? Does your family's schedule feel like a road race? Millions of Americans are over-worked, over-scheduled and just plain stressed out.

We're putting in longer hours on the job than we did in the 1950's, despite promises of a coming age of leisure before the year 2000. In fact we're working more than medieval peasants did and more than the citizens of any other industrial country. Mandatory overtime is at near record levels despite high unemployment.

Contemporary Americans complain of unprecedented levels of busyness in everyday life. We worry about frenetic schedules, hurried children, couples with no time together, families who rarely eat meals together, and an onslaught of "hidden work" from proliferating e-mails, junk mail and telemarketing calls.

TIME POVERTY:

- Threatens our health
- Threatens our marriages, family and relationships
- Weakens our communities
- Reduces employment
- Leaves little time to vote, much less be informed, active citizens
- Leaves little time for ourselves, for self-development, or for spiritual growth
- Leads to growing neglect and abuse of pets
- Contributes to the destruction of our environment

WHAT WE ARE DOING ABOUT THIS EPIDEMIC OF TIME PRESSURE!

Raising Awareness

Take Back Your Time is a grassroots network of individuals and organizations representing business, faith, labor, health, family, and the environment. October 24th was chosen as **Take Back Your Time Day** because it is nine weeks from the end of the year, representing the nine weeks more on average that Americans work than our European peers.

The campaign has been featured in hundreds of news stories and has won endorsements from labor unions, religious and family organizations, and government. Several cities and the governor of Michigan officially proclaimed October 24th as Take Back Your Time Day.

Creating Resources

We have created a web site with over 20 downloadable posters and other resources, published a collection of essays, the *Take Back Your Time* handbook, and put out a quarterly e-newsletter.

Developing Programs To Help People Take Back Their Time!

Based on a pilot project developed by the Massachusetts Take Back Your Time committee and the Massachusetts Council of Churches, Take Back Your Time is promoting TAKE 4 WINDOWS OF TIME, a program to help re-create balance in our overworked, overscheduled lives. Participants are encouraged to choose 4 windows of time for rest and relaxation.

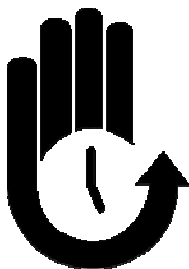
Taking A Stand

Calling on our political leaders for action, we are bringing together individuals and organizations in support of the "Time to Care" public policy agenda:

- Guaranteeing **paid leave for all parents for the birth or adoption of a child.**
- Guaranteeing at least one week of **paid sick leave** for all workers.
- Guaranteeing at least three weeks of **paid annual vacation** leave for all workers.
- Placing **a limit on the amount of compulsory overtime work that an employer can impose.**
- Making **Election Day a holiday.**
- Making it easier for Americans to choose **part-time work.**

Organizing for October 24th

We are actively planning for Take Back Your Time Day. Whether it's organizing an event in your community or on your college campus, having a special dinner with friends and family, participating in the 4 WINDOWS OF TIME program, meeting with your legislator -- however you choose to do it, we hope you'll join this nationwide dialogue. Please see our web site for suggestions about *50 Plus Pretty Quick Things You Can Do for Take Back Your Time*, *How To Organize a Teach-In*, possible activities for TAKE 4 WINDOWS OF TIME, and many other useful materials.



JOIN US!

We need your help, your enthusiasm, your ideas, and even your financial support. Be the first to start a Take Back Your Time committee in your town and join us now, because there's no present like the time!

For more information please visit our website at:
www.timeday.org