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people these days feel some of "time famine" – never having enough minutes and time to do everything. We all know that our objective amount of time can't be increased (there are only 24 hours in a day), but a new study suggests that volunteering our limited time – giving it away – may actually increase our sense of unhurried leisure. Across four different experiments, researchers found that people's subjective sense of having time, called "time affluence," can be increased: compared with wasting time, spending time on oneself, and even gaining a windfall of "free" time, spending time on others increased participants' feelings of time affluence. Lead researcher and psychological scientist Cassie Mogilner of The Wharton School of the University of Pennsylvania believes this is because giving away time boosts one's sense of personal competence and efficiency, and this in turn stretches out time in our minds. Ultimately, giving time makes people more willing to commit to future engagements despite their busy schedules. Leer en Espanol

More portuguese Do you feel so busy that you don't have the bandwidth to think about your own needs, let alone do anything about them? Maybe you're constantly thinking about work, or worry that you're not proving yourself or your value if you aren't available 24/7 (especially if you're working remotely). Perhaps you're juggling childcare, errands, and other responsibilities, and you're really only able to think about yourself when you're alone. You're not alone. Many people feel this way. And there are things you can do to take care of yourself. Here are some ideas to help you get back on track, completely on your shoulders. Many times the people around you could help more if you simply asked and made it clear that you're taking on more responsibilities both professionally and personally. And in some cases, you need to let go and trust that everything will be OK, even if some tasks on your list are done imperfectly or not at all. The next step is to give yourself permission to take care of yourself now. If you put off self-care until work is less busy, your kids are back in school, your house is in order, or some other circumstances are exactly right, you may never get to it. But if you take a brief pause and go through these steps, you can begin to take care of yourself, even when it feels like the responsibilities at home and at work never end. Define What You Need When it comes to health and happiness, different people have different needs. But there are some universal truths. We all need the basics of sleep, physical movement, and sufficient food. And to thrive, most require quality time with people, time in nature, time for spiritual connection, and time to do something that brings joy. Take a moment to define what you need and what you want. Ask yourself: How many hours of sleep are sufficient for you to be alert throughout the day? What kind of physical movement keeps you feeling in shape and pain-free? What nourishment keeps up your energy and makes you feel satisfied? Which people do you enjoy spending time with? How can you find ways to be outside? How can you find ways to connect with and find your spiritual center? What activities give you joy (a hobby, reading, volunteering, etc.)? You don't need to apologize for your needs. They're valid. And it's also OK to have wants, even when your life is very full. Determine What You Can Do To Meet Your Needs. Once you know what you need and what you want, you can begin to figure out how to get it. Start with the basics. If you're not getting enough sleep, you could try going to bed earlier, or taking a short nap during the day. If you're not getting enough exercise, you could try taking a walk during your lunch break, or doing a quick workout at home. If you're not spending enough time with people, you could try reaching out to a friend or family member, or joining a group. If you're not spending enough time on yourself, you could try taking a short break during the day, or doing a quick workout at home. If you're not spending enough time on your spiritual center, you could try taking a walk in nature, or doing a quick meditation. If you're not spending enough time on your hobbies, you could try taking a break during the day, or doing a quick workout at home. If you're not spending enough time on your volunteering, you could try taking a break during the day, or doing a quick workout at home. If you're not spending enough time on your spiritual center, you could try taking a walk in nature, or doing a quick meditation. If you're not spending enough time on your hobbies, you could try taking a break during the day, or doing a quick workout at home. If you're not spending enough time on your volunteering, you could try taking a break during the day, or doing a quick workout at home. 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