Connector

Story: We are in a fast-pacing world where efforts done in ahchieving a better future have turned into a grueling race towards a finish line we never reach. Notwithstanding, revving up the speed, in fact, is heralded as the answer to problems caused by our overly busy life which only decrease quality of our life. But since we can alter trend of the era, wo have to set out to seek chance to slow down maybe just by adjusting pur way of life. So which factors give rise to this situation? Here is my connection;

My connection: *Changes in work and lifestyle: With the development of the economy, work patterns in many industries have changed significantly. For example, the development of information technology and the Internet has made telecommuting and flexible working possible, but it has also brought about higher productivity requirements and faster information exchange, thus speeding up the pace of work. In addition, economic development has also promoted the transformation of consumption patterns, people pay more attention to efficiency and convenience, such as the popularity of online shopping, fast food and other rapid consumption methods, to a certain extent, accelerate the pace of life.*

*The strengthening of the concept of time: the competitive pressure brought by economic development makes people have a deeper understanding of the value of time. In the fast-paced working and living environment, people pay more attention to the rational use of time, the pursuit of efficiency and fast. This enhanced sense of time is also reflected in daily life, where shopping is more inclined to choose the way of fast checkout, travel is more inclined to choose fast and convenient transportation*.

Member’s association: (as to how to integrate philosophy of time value into real life)

*1.Develop plans and goals:*

*Before each day or week begins, make a list of tasks and goals you want to accomplish. Set priorities and classify tasks in order of importance and urgency. Set a reasonable time limit for each task to avoid procrastination.*

*2.Optimize time management:*

*Use a time management tool such as a calendar, to-do list, or time management APP. Avoid excessive multitasking and focus on one task until it is completed. Learn to say "no" and cut down on unnecessary socializing and meetings to make more time for yourself.*

*3.Develop focus:*

*When working or studying, try to eliminate distractions, such as turning off cell phone notifications and choosing a quiet environment. Use the Pomodoro technique or other time management technique to divide work into short blocks and take breaks between each block.*

*4.Learn to rest and relax:*

*Make sure you get enough sleep each day to maintain your energy and focus. Use fragments of time for short periods of rest and relaxation, such as deep breathing, meditation, or simple stretching. Keep your life balanced by arranging entertainment and leisure activities appropriately.*

*5.Reflection and adjustment:*

*At the end of each day, review your time usage and identify areas where you wasted time. Adjust your planning and time management strategies based on the results. Keep an open mind and learn new time management techniques and methods.*