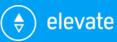
## **Using Outlook for Time Management**



### Quick Reference Guide

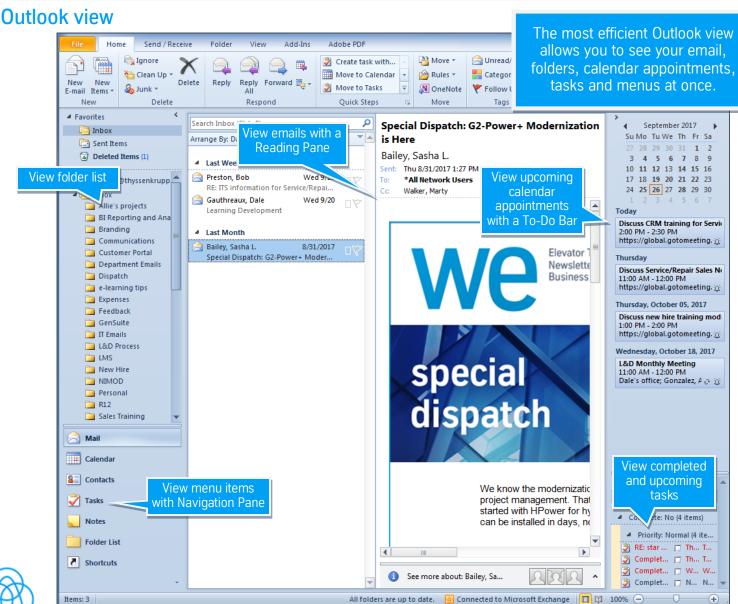
#### **Overview**

Microsoft Outlook can be an effective time management tool when used properly. Your email, tasks and calendar can assist you to better manage your time and workload. Master a few basic tips, and you will control your email, rather than allowing your email to control you.

#### 4 Ds of email

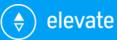
You can put every email into four categories, called the 4 Ds of email:

- Do it now—read it and address it right away. This may mean filing it in a folder or writing a reply.
- Date activate it—put a date on it to address the email later. This may mean setting it up as a task for yourself or calendar item.
- Delegate it—some emails may need to be assigned to others as a task.
- Delete it—some emails may be strictly informational, and once you've read the information it can be deleted.





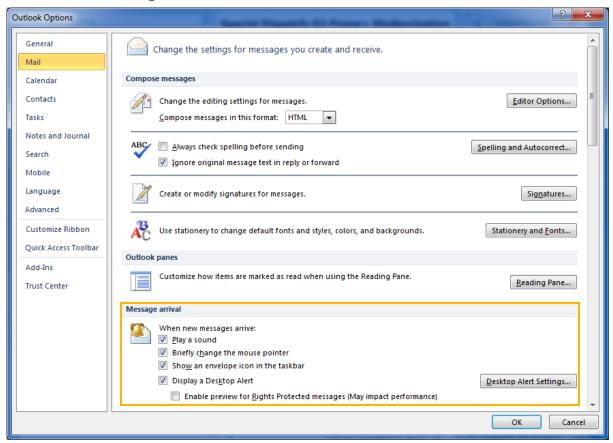
# **Using Outlook for Time Management**

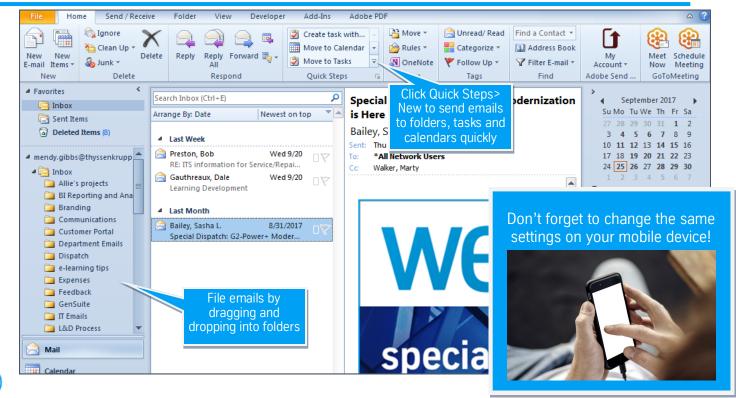


### Quick Reference Guide

## Managing emails

Turn off sounds and notification interruptions in the Outlook Options menu. Click File> Options> Mail. Then uncheck the boxes under Message arrival.







## **Using Outlook for Time Management**



### Quick Reference Guide

## **Creating rules**

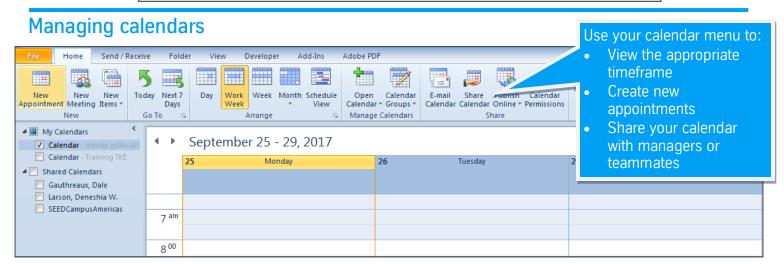
Click File> Manage Rules and Alerts to customize email notifications and file specific emails away

automatically.



#### **Rules and Alerts**

Use Rules and Alerts to help organize your incoming e-mail messages, and receive updates when items are added, changed, or removed.



## Managing tasks

