

WTNS Radio OSU Extension Update for April 19, 2021
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about time management and look at some upcoming programs from OSU Extension.

I love reading books out loud to my children. At ages 11 and 13, it is still their favorite way to end the evening. Our current book series has lots of adventure. In one recent scene a child was kept in the dark in a small box unable to move for two days. I could barely read it. I felt myself getting antsy and pretty much in agony for this kid in a made-up story. My son told me I read too many self-help books and not enough books about war and POW's. Truth.

I read a book this week called "The Daily Edge" by David Horsager about increasing efficiencies to make a greater impact. I have learned a lot of lessons working primarily from home over the past year. One thing that is crystal clear is when it comes to poor time management, I have no one to blame but myself. I think I have been looking for ways to better manage and maximize my time my entire life. I took note of several of Horsager's ideas to share with you today.

90-Day Challenge: If you want to change something, focusing on it for 90 days is a sweet spot for forming a habit. Research suggests 21 days is not long enough. The 90-Day Challenge that changed Horsager's life was to not complain for 90 days straight. Not about food, not about the weather, not about people, nothing. I know this is a weak area for me, so I am accepting the challenge to improve my attitude.

SEEDS First: Horsager says, "Seeds grow best when the soil is cultivated, watered and fertilized. People grow the most when they are ready physically, mentally, and spiritually." To be our best we need to focus on the seeds, S-E-E-D-S.

- S = Sleep (Aim for 7-9 hours per night)
- E = Exercise (Be active 3-5 days a week)
- E = Eat Right (Eat four vegetables each day)
- D = Drink Water (Stay hydrated)
- S = Source (When we look to God for direction and give him our gratitude, we find strength, energy, and focus to accomplish our tasks.)

Wake Up: Many of the most effective people are early risers. Conquer the snooze button by either moving your alarm further from your bed or turn the volume to an obnoxious level. Avoid screens as much as possible before going to bed.

Go Ready: This one hit me hard in light of working from home. Am I showing up to work ready? Horsager challenges his readers to be true. You are paid to work and deliver results. Have the integrity to come to work ready to deliver.

Power-Hour: A great way to keep at what is most important is to have one quiet hour every day when you work most efficiently. For many of us that is in the morning, but for a few that will be the afternoon. This is not time for meetings, emails, or phone calls. It is time to concentrate on the things most important to long-term success.

I look forward to trying some of these over the next few months. But above all, my priority is no complaining. I think it could change my life more than anything else.

Now let's take a look at some upcoming programs from OSU Extension. The ServSafe® Manager Food Safety Training series will be offered on Thursdays, July 8, 15, and 22 from 9:00 a.m. until 4:00 p.m., with the proctored exam July 29 at 9:00 a.m. The ServSafe® Manager training meets Ohio Department of Health Manager Certification in Food Protection requirements. This training enhances understanding of major food safety principles, including factors leading to contamination of food, time and temperature abuse, cross-contamination, and personal hygiene. A separate ServSafe® Person-in-Charge certification training will be Monday, August 2 from 9:00 a.m. to 3:00 p.m. Pre-registration is required at coshocton.osu.edu.

The "East Ohio Women in Agriculture Program Series" continues this Thursday, April 22 with "Reaching your educational goals." A total of 10 webinars and 3 field days are being held through July on a variety of financial, production, and home-related topics to help women in agriculture. Visit our website to register for one or more of these free programs or to find a link to recorded programs as well.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!