

**WTNS Radio OSU Extension Update for September 13, 2021**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about doing the things which will count, and as always, look at some upcoming programs from OSU Extension.

I keep a small, blue booklet within arm's reach of my desk. I have found it to be a valuable tool and inspiration in the work that I do. It was published in February 1922 yet has timeless wisdom.

T.J. Talbert of the Kansas State Agricultural College, Division of College Extension, penned "The Extension Worker's Code" as a guide to excel in educational outreach efforts. Much of the advice is useful for anyone regardless of your calling in life.

This spring I was especially struck by the section titled "Do the Things Which Will Count." Depending on our personalities we can be inclined to get sucked into things that waste precious time. I'm not just talking about lazy habits like watching too much television or letting time evaporate while you are on the internet. We know those are time wasters, right?

I'm also talking about the good things that still aren't the best things. Talbert puts it this way, "It is a great art to know what to leave undone, to know how to weed out the less important things, and to spend one's energies in doing the things which will count." He goes on to say, "Once we have formulated a plan... we must stick to it regardless of our tendency to be sidetracked by other pressing duties and obligations. Otherwise, all our good resolution and work begun will amount to little or nothing."

I had adjusted quickly to working from home during 2020 and the beginning of 2021. At first it was strange to be less busy, but it was also incredibly freeing. As many workers have returned to in-person work in businesses and offices over the past few months, I've heard more comments about feeling busy again.

In a quest to squelch this slow creep of the return to busyness, I've also been reading a more modern bulletin from an Extension colleague in this century. Tim Tanner developed a time management curriculum for Extension professionals. He is an avid reader and researcher and found that American employees are at their best when they possess high levels of personal well-

being. He also found that ancient and modern religious scholars have long noted that an orderly approach to daily life creates greater human joy.

Studies show time and time again that we humans are not created to be efficient multitaskers. MIT neuroscientist, Earl Miller, says that our brains focus on one thing at a time. When we attempt to multitask, we are actually switching back and forth very quickly between tasks and missing out on key observances.

The last thing we need is to climb back onto the hamster wheel many of us had escaped from. Here are three things I am doing to discipline myself to do the things which will count:

1. Emails: I do not keep my email open all day long. That way the arrival of a new message does not dictate that I immediately answer it. Responding to all messages once in the morning and once in the afternoon allows me to focus on tasks fully the rest of the day.
2. Reading: I schedule time on my calendar each week to read and research to keep up with the latest discoveries and information in my field.
3. Goals: My 2021 goals are posted on the wall near my desk. They are a daily reminder of the most important things to focus on, so that the urgent does not win over the important.

Today I'll leave you with this quote from William Carey. My husband keeps this quote near his planning calendar. For doers who like to stay busy, these are wise words to consider. "I'm not afraid of failure; I'm afraid of succeeding at things that don't matter."

Here are some upcoming programs from OSU Extension: The OSU Extension Home Food Preservation Team is teaching a Preserving Hot Peppers webinar tomorrow afternoon from 4:00-5:00 PM. Please register at our website [coshocton.osu.edu](http://coshocton.osu.edu).

Generation Rx is offered through The Ohio State University College of Pharmacy and OSU Extension. This interactive program focuses on Safe Medication Practices for Better Health. Join Emily Marrison at Kids America this Wednesday, September 15 at 8:30 AM for a trivia game and lots of helpful goodies like a pill organizer case, a lighted magnifier, and more!

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and 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](http://coshocton.osu.edu). Make it a healthy day!