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Day by day, especially during the economically outstretched periods like the Coronavirus pandemic, it is easy to give the priority to have and make money over everything else. But Ashley Whillans, assistant professor of business economics at the Harvard Business School and author of "Time intelligent", found that time over money is enhancing even for a few minutes a day. It leads to an increase in happiness and Well-Being. The search shows "more and more times that the people that time giving priority happiness more relationship than money giving priority," says Whillans. And "there are small strategies that we can all take, regardless of our position in life, regardless of our financial goals, which do not involve much time, maybe not to involve the money, but able to help all of us live more Happy, more significant and less stressed life." A change of mentality can also improve your finances. Researchers have discovered that a more optimistic mentality helps with Well-Being. Here Financial are five free Whillans activities suggests doing they don't take more than 10 minutes and can increase your happiness. If you have five minutes between activities, "Organize the small commissions necessary to complete and start checking out," Whillans writes in his book. "Planning what we have to do and when we are going to do it able to reduce procrastination and help us feel less stressed," she says to grow. "When you feel stressed, we often get hanging on the general framework and therefore it is useful to take a big problem and decomposition in small steps." Another option if you have three minutes of time is that of "Message of someone important for you who haven't spoken for a while," Whillans writes. 'Zapping', she says. "Send someone a fun photo or send them a picture of a pet or a funny memory that you had a while ago. One of the advantages of experiences or social activities is that you come to relive them, then try to relive a positive experience than you had with a friend or family member with a photo or a short video. " Know how many days you have and think about what you could do with this can help you view actually following and take your vacation paid, "says Whillans. Americans are known to live on vacation days. As many as "75% of Americans (pre-pandemic) did not take all the time of vacation were due," she says. "We need to view and plan to take our vacation to help encourage us to follow through, since you disconnect from work improves happiness and reduces stress." [The search shows] more and more times that people who give priority report greater happiness than people who give priority money. If you have a 10 minute spare parts, Whillans suggests watching nature relaxation videos on the internet. People watching content from "Planet Earth II", a series of BBC on wildlife, felt an increase in contentment, joy, fun, and curiosity, based on a 2017 University of California, Berkeley Studio. The videos also reduced sensations of fatigue, anger and stress. Whillans writes that "in the diary can increase happiness." Because in the diary it is a way to "get control of your emotions", according to the Rochester university, can help manage anxiety, reduce stress, and deal with depression. It can also make you feel better, helping prioritize problems by providing clarity on emotional triggers, and revealing some of your negative thought patterns. "Giving priority now is linked to the happiness more than most people expect," Whillans says. Grow. "How can we get more control over time and it does not necessarily imply important life decisions such as stopping our jobs or moving to a different city. "Sometimes it just takes to do the right kind of activity for a few minutes a day. More from Grow: It has a huge potential. To improve the quality and convenience of care A, but only if the suppliers to explain how it works. Save Share on September 3, 2021 three ways to return to the groove when I do not feel. Save Share September 03 September You send a clear message that vaccinations are safe, effective, and a social standard. Save Share on September 3, 2021 Lessons of Airbnb, Qantas, Disney and other companies that successfully sailed a year of interruption. Save Share on 02 September, 2021 Within six months from the completion of the program, 38% of the participants earned promotions. Save Share On 02 September, 2021 private companies The increasing involvement could threaten the long-term profitability of this essential software. Save Share on September 02, 2021 can be difficult for smaller companies compete for top talent. But they may not have to. Save Share on 01 September, 2021 feeling of feeling and burned? You are not alone. 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AI has a huge potential to improve the quality and convenience of care - but only if the suppliers explain how it works. Save Share on September 3rd, 2021 three ways to return to the groove when I don't feel it. Save Share on September 3, 2021 Send a clear message that vaccinations are safe, effective and a social standard. Save Share on September 3, 2021 Lessons of Airbnb, Qantas, Disney and other companies that successfully sailed a year of interruption. Save Share on 02 September, 2021 Within six months from the completion of the program, 38% of the participants earned promotions. Save Share On 02 September, 2021 private companies The increasing involvement could threaten the long-term profitability of this essential software. Save Share on September 02, 2021 can be difficult for smaller companies compete for top talent. But they may not have to. Save Share on 01 September, 2021 feeling of feeling and burned? You are not alone. Save Share 1 September 2021 Publication Date: 1 January 2021 Harvard Business Review Public and authoritative ideas to improve management practice. Written by important business thinkers and managers, HBR provides readers first glance to state-of-the-art ideas and their real world applications in areas such as strategy, leadership, marketing, team management, and professional development. Each monthly number presents an innovative research, the analysis of the forces that model the day of work, and the best proven practices designed for individuals and help organizations bring, manage and compete more effectively and with the greatest purpose. The 2021 January / February issue contains a spotlight section entitled "Does business need a new model?" This number presents the following articles: "Because Rookie Executive Officers Outperform", "stand-up meetings inhibit innovation", "The former Guardian CEO Use of strategic planning unit values", "the rules of the co-Operation", "The Forgotten dimension of diversity "negotiate Your next job". When the automatic learning goes off the rails', 'How to talk to the CEO Information on sustainability', 'Volunteer programs that employees can get enthusiasts', "Compensation practices that actually actual performance" 'Build a family business that lasts', 'How to help (without micromanaging)', 'HBR case studies: when the star reader asks to go part-time', "sport and social social And "work of life: an interview with Tina Turner". As the Lockdown Coronavirus weeks are added quickly, business leaders everywhere are facing a crisis assault. In particular, Harvard Business Review has a serious insidia that wants you to avoid: the search for perfection. So, whether you're trying to drive a customer project through turbulent waters or try to manage a team while staying in business, now it's time to listen. An article published today, HBR claims that focuses on perfection is not just a mistake of a crazy right now, but it is also absolutely dangerous. Rasmus Hougaard and Jacqueline Carter writers cite Dr. Michael Ryan, the executive director of the health emergency program of the World Health Organization, on the subject. Ryan is obviously in dealing with fighting the global spread of Covid-19 at this time, but thanks to its previous experience to those who, it has some important insights on what is needed for marshal troops successfully in the midst of an emergency Organizational. It is - "If you need to be right before moving, you will lose A it is - "Speed it

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