

National Stress Awareness Month: Improve Your Time Management to Lower Your Stress Levels

March 21, 2016

April is National Stress Awareness Month, and Time Management Fixer Helene Segura has just the cure you need.

Varying forms of distractions and time management challenges are a major cause of stress.

*Psychology Today reports that 40% of the population fears being without their smartphones. We're so addicted to our devices that the average adult unlocks his/her phone 110 times per day – a self-interruption which causes a major time loss.

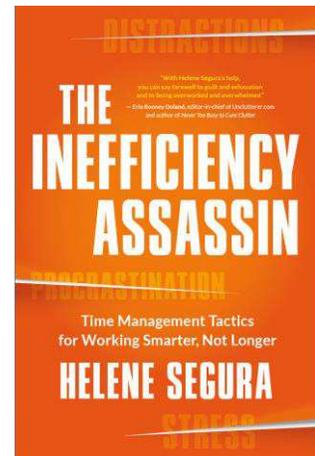
*Researchers at UC Irvine found that it takes the average worker up to 25 minutes to return to a task after being interrupted. Furthermore, this falling behind caused workers to attempt to speed up work.

*University of Glasgow researchers found that performance levels drop by nearly three-quarters when we multi-task. Our attempt to speed up work only leads to an increase in stress levels.

With time management tips from Helene, your audience can learn:

- How to prevent time leaks like procrastination and distractions
- Productivity hacks for saving up to three hours each day
- How to tell your time what to do.

Helene Segura, MA Ed, CPO® is an expert on organizing and productivity who helps clients streamline their time, space, documents and email. The author of two Amazon best-selling books, Helene has been the featured productivity expert in more than 100 media interviews. During her time management keynotes and workshops, she shares her mind-bending



framework for decreasing interruptions, distractions and procrastination so that companies can spend more time generating revenue. Her third book, *The Inefficiency Assassin: Time Management Tactics for Working Smarter, Not Longer* (New World Library) hits shelves on April 5th.

Helene can offer insights into **why we feel like we never have enough time; discuss how to choose which tasks are priorities; and provide tips on lowering stress levels through improved time management.**

To book Helene Segura as a guest on your radio or television show, podcast, or blog, please contact her at 210-892-4990 x73 or office@helenesegura.com.