

editorial

Finding our private time

With the hustle and bustle of college life, we often find ourselves up to our ears in homework, committee meetings, and other engagements. When the work becomes overpowering, we must make time for ourselves.

Although we have twenty things to do, we cannot accomplish those items if we are cranky, tired, and angry. We need time out for ourselves.

When the crunch starts, we have to schedule free time. Homework calls but so does the private time we've been missing. Making lists and schedules can help us accomplish everything as well as get in our much needed time alone. Also,

planning ahead can alleviate some of the last minute pressures which may take over our free time.

When we make time for ourselves, the quality of time is more important than the quantity. Relaxing in the sun or soaking in the bathtub are great ways to relieve stress. Music will soothe some of the most overworked souls. By deciding what quality activity in which to engage, we can make the most of our private time.

It may be difficult to schedule time for ourselves, but we must in order to save our sanity. If we look, we can find our private time.

—Deanna Harris
Editor-in-chief



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