

Free Up Your Time by Letting Go



Do you feel like your free time is consumed with mundane tasks? Consider outsourcing life's more monotonous tasks so that you can focus your energy on other activities that matter to you. Think about tasks that you spend time on that you don't get satisfaction from completing. Some people enjoy cooking, while others find it to be draining. What could you outsource to free up valuable time?

Chances are if you're putting something off, dread doing it, or simply aren't very good at it, you may want to consider outsourcing this task to someone else, especially if it is something that consumes a lot of your extra time and energy. Does anything on this list make you cringe more than others?

- Cleaning and organizing
- Clothing shopping
- Consumer research
- Driving kids to activities
- Dry-cleaning drop off
- Grocery shopping
- Laundry
- Lawn service
- Meal prep
- Party/event planning
- Pet care
- Tax preparation
- Trip planning
- Home repair and maintenance

Today, more than ever, there are services popping up to help reduce everyday burdens, such as grocery, meal and clothing delivery services. Asking neighborhood kids who want to help with yard work and clean-up is often an inexpensive option. It may be worth the added expense and cutting back in certain areas to be able to have peace of mind that something you dread will get done and off your list.



Did you know that you can contact your Employee Assistance Program at the number below for research and referral assistance? Work-life Specialists will ask you about your specific needs, conduct research on your behalf and contact you with a list of vetted providers, such as travel agents, contractors, meal services, and more.

Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.

TOLL-FREE:
1.800.833.3031

WEBSITE:
EAPhelplink.com

CODE:
IOWA