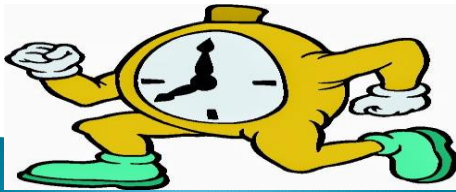


Hurry Sickness

Do you have it?




- ▶ Beverly Roberts, CPOT, ABOC currently serves as Clinic Director at Family Vision Clinic in Magee Mississippi. Roberts is Past President of the Mississippi Paraoptometric Association and currently serves on the education and conference planning committees and the MOA task force on Paraoptometric Training. She is also involved on a national level serving as Past Chair of the AOA PRC Executive Committee Member. She is currently serving on the AOA Registers Committee and as a CPC Commissioner
- ▶ In 2007, Beverly was awarded the Mississippi Optometric Association's Paraoptometric of the Year award. In 2008, she was honored on a national level as the American Optometric Association's Paraoptometric of the Year. Then in 2014 was presented with the SECO Paraoptometric of the South Award

Disclosure


- ▶ I have no actual or potential conflict of interest in relation to this program/presentation.




▶ *Hurry is not just a disturbed schedule. Hurry is a disoriented heart.”*




Just what is it?

- ▶ Noun; a behavior pattern characterized by continual rushing and anxiousness; an overwhelming and continual sense of urgency
- 

How do we know if we have it?

- ▶ Measure your life against the definition
- 

▶ **Do you have it?????**



What do we do about it

- ▶ Put thing in perspective
- ▶ Keep it that way

▶ **“Ruthlessly
eliminate hurry
from your life.”**

5 things

- ▶ 1-Practice Solitude
- ▶ 2-Sit Down/Get up
- ▶ 3-Take a nap
- ▶ 4-Take a road trip
- ▶ 5-Set your own agenda

Set your on agenda

- ▶ What is most important to you
- ▶ What has to be done
- ▶ Allow the proper time for things to be done

Is our quest to do all and be all costing us?

- ▶ [SHARE](#)
- ▶ [TWEET](#)
- ▶ [EMAIL](#)
- ▶ [MORE](#)
- ▶ [SHARE](#)
- ▶ [SHARE](#)
- ▶ [STUMBLE](#)

▶ Are we experiencing an epidemic of this disease called HURRY SICKNESS

Breakneck Speed

- ▶ Spare Time?
- ▶ What's that?

- ▶ Emotional Breakdown
- ▶ Physical Breakdowns
- ▶ Mental Breakdowns

Is this you

- ▶ • Moving from one check-out line to another because it looks shorter/faster.
- ▶ • Counting the cars in front of you and either getting in the lane that has the least or is going the fastest.
- ▶ • Multi-tasking to the point of forgetting one of the tasks

Time Saving



- ▶ Take a few deep breaths
- ▶ Walk away
- ▶ Count your blessings
- ▶ Be positive

▶ Create a
Fresh Mind

▶ Email

- ▶ Slow Down
- ▶ Calm Down
- ▶ Redirect our focus

Share

- ▶ Where were you when you had your first childhood kiss?

Relaxation

- ▶ Causes the mind and body to let go of frustrations

Choice

- ▶ NO TREATMENT



Choice

- ▶ **TREATMENT**



Prioritize

- ▶ Be realistic with what you can do in a days time



Closing

- ▶ You don't GOT to.....
- ▶ You GET to



Thank you

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