

INSIGHT

WTC COMMUNITY WEEKLY



Time for some Downtime

The most important currency in life isn't money, it's time, according to health and wellness expert Deepak Chopra.

Building what he calls "time affluence," or structuring your day so that you have lots of free time, will increase your life satisfaction and well-being, he wrote for CNBC Make It in 2018. Research supports this idea: Studies have shown that spending money on experiences is more rewarding than buying material goods, for example.

A 2016 survey by Harris Group found that 72% of millennials prefer spending their money on activities rather than items. A lot of their motivation has to do with distributing photos of themselves on social media. The Harris Poll found that factors such as a craving for recognition and a "fear of missing out" help drive millennials' cravings for experiences.



Now, while the wiser thing to do during the pandemic is to stay home as much as possible, there's no reason you can't jazz it up a bit. Here are some tricks you can try:

- Turn your room into a private cinema or have a **drive thru movie night** in the backyard
- Explore your hobbies, **get crafty** and put them on display
- Take **virtual trips** online and share it on your social media
- **Redecorate and declutter** so you feel like you're in a new space every time
- **Learn new things** to add to your skills and knowledge
- **Play games** and come up with fun bets to make it more exciting

This week there are three days of national holidays in Indonesia, have you got something planned? Let us know to stara.pedro@jakland.co.id.

Yours truly,

the community editor