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## What would you do with an extra hour?

Nearly a quarter of Ontarians would catch up on their sleep. Caught in the time crunch? With the clocks about to "fall back" and give Ontarians a precious extra hour for one day, Big Brothers Big Sisters and FedEx Express Canada are asking people in the province and across Canada to join them on Facebook to discuss how they would use a single hour to make the world a better place.

To start the dialogue, the two organizations asked Angus Reid to poll people about their time priorities, and the results show just how over worked, stressed out and time crunched Ontarians actually are. Consider how your time preferences compare.

life in their communities. "As for the sleep deprived among us, there is no better way to revitalize than helping others," he said.

The fact that Ontarians are forgoing community service because of the frantic pace of their lives should come as no surprise. What is less known is that being a volunteer is a proven path to personal happiness and self-fulfillment. In fact, research clearly shows that community volunteers believe they get far more out of donating their time than they give.

In a bid to inspire people to make time to volunteer, the two organizations want to engage people in a broad Facebook discussion about the power of a single hour to change lives and strengthen communities.

### Ontario versus National Findings

- Nearly a quarter of Ontarians surveyed (23 per cent) were so time deprived they said they would use their extra hour to sleep, compared to 22 per cent nationally.
- Another 28 per cent would spend their hour catching up on chores and household errands, versus 24 per cent in other parts of Canada.
- Relationships and health were priorities – 20 per cent of Ontarians would invest their hour in family and friends, and 13 per cent would exercise. Nationally, 25 per cent said they would spend their hour with family and friends, and the 14 per cent said they would exercise.
- Not surprisingly, the last thing time-stressed Ontarians – like other Canadians – want to do is work. A solitary four per cent in the province said they would spend their hour on the job, versus three per cent nationally.
- A scant five per cent of Ontarians would pursue personal interests or hobbies, compared to six per cent in other parts of Canada.
- Only eight per cent of Ontarians would devote their extra hour to community service, compared to five per cent nationally.

"Too many of us think that being a volunteer inherently involves a major time commitment," MacDonald said. "The truth is that even small acts by caring people can make a big difference. We are asking Ontarians to think outside themselves and answer a simple question: What would you do to change the world if you had one hour?"

People can voice their ideas about the value of an hour by visiting <http://www.bbbbc.ca/facebook>. Everyone is invited to join the discussion and upload videos describing how their lives are being stretched by today's hectic pace and how they would make the world a better place with a single hour.

### Time Priorities for Ontarians

- To mark the end of daylight savings time, the value of an hour survey asked time-starved Ontarians to prioritize how they would spend an extra hour if they could reschedule their busy schedules to free one up.
- In order of priority, here is how Ontarians said they would spend their additional hour:
1. Completing household errands and chores (28 per cent)
  2. Catching up on sleep (23 per cent)
  3. Family and friends (20 per cent)
  4. Exercise (13 per cent)
  5. Volunteering (eight per cent)
  6. Pursuing personal interests (five per cent)
  7. Work (four per cent)
- (Note: Numbers may not add up due to rounding.)

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