



Date aired: 2-3-19 Time Aired: 6 AM

Weekly Public Affairs Program

Show # 2019-05

Total running time: 29:30 (with optional exit at 24:00)

1. **Bryan E. Robinson, PhD**, psychotherapist, Professor Emeritus at the University of North Carolina at Charlotte, author of "*#Chill: Turn Off Your Job and Turn On Your Life*"

It is common knowledge that good health and happiness depends on having proper balance between our professional and private lives. Dr. Robinson explained how ending the cycle of work addiction can be achieved by reframing priorities and cultivating mindfulness in our daily lives. He outlined the benefits of meditation to let go of anxiety and focus on the moment.

Issues covered:

**Mental Health
Personal Health
Career**

Length: 7:26

2. **Jonathan Adkins**, Executive Director of the Governors Highway Safety Association

Mr. Adkins discussed a recent report from his organization that highlighted excessive vehicle speed as a persistent factor in nearly one-third of all motor vehicle-related fatalities. He believes that speeding is not given enough attention as a traffic safety issue and is widely deemed culturally acceptable by the motoring public. He outlined several public policy measures that he believes would help to reduce speeding.

Issues covered:

**Traffic Safety
Government Policies**

Length: 9:40

3. **Regina Leeds**, professional organizer, author of "*The 8-Minute Organizer*"

Nearly everyone can use some help in getting organized. Ms. Leeds talked about the reasons that keeping order in our lives and possessions is so difficult. She offered small, step-by-step suggestions on how determine goals to get organized, and how to create positive routines for the long-term.

Issues covered:

**Consumer Matters
Mental Health**

Length: 5:06