

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!

[Express Yourself!](#)

Express Yourself! Tuesday at 12 Noon Pacific

July 22nd 2014: Being Busy with Actor Alyvia Alyn

Is being busy a good or bad thing? Our teens believe that being overwhelmed is bad while doing what you love is great even if it means being super busy. How do we find the time to do it all? Hosts Youngjoo Ahn and Clare Durant lead the discussion on our American obsession with constantly "doing and being so busy!" Techie Talk reporter, Caiseen Kelley shares two apps that have helped her family, friends, and self keep on task while eliminating the stress of a hectic schedule. In The Big Picture, Clare reminds us about the importance of play to avoid burn out. Special guest, six year old actress

[Read more](#)



SHARE



DOWNLOAD PDF



GET CODE

Share This Episode



Share On Facebook



Share On Twitter



Share On LinkedIn

Connect with VoiceAmerica

Download our mobile apps

[App store](#)

[Google play](#)

[GPlus](#)



Tune in

Tuesday at 12 Noon Pacific Time on
VoiceAmerica Kids Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?
Call In Live!

Toll Free: 1-888-346-9141
Int: 001-480-553-5760

[presspass-banner](#)