

5 Top Tips On How To Slow Down

1. Take the time to prioritize daily objectives. By focusing on the most important tasks to get done, we eliminate the hustle and stress of trying to accomplish everything at once.

Commit to 10 minutes each morning by writing down the 3 most important tasks to complete by the end of the day.

“Focus on being productive instead of busy.” - Timothy Ferriss

2. Eat slower. A lot of us tend to speed through meals, missing the chance to appreciate what we are actually eating. Start to chew slower and with no distractions (phone and laptop) and savor the moment.

“When walking, walk. When eating, eat.” rashaski · Zen Proverb

3. Enjoy nature. When time permits, take a 10 minute break to go outside and breathe in some fresh air.

“A multitude of small delights constitutes happiness.”

— Charles Baudelaire

4. Make time for yourself. When did you last spend valuable time with yourself? Take a night to find a new book, watch a film, meditate, go for a run, cook a new recipe.

5. Cut social media use by half. Social networking can cause our minds to lose focus and wander through hundreds of topics, thoughts and ideas. Use this time to explore new hobbies, create a vision board or exercise.

Make time for yourself you are important