

TOP 10 TIPS TO SLOW DOWN

PRIMARY FOODS | GENERAL

It's never been easier to connect with someone on the other side of the world, yet it's so easy to feel disconnected from the people closest to us. We have more tools than ever to simplify tasks and accomplish more things quickly, yet our to-do lists have never been longer. Life is short, and time flies, especially in today's fast-paced world. These exercises are meant to help you slow down, enjoy life, and focus on the important things.



- 1 TAKE THE TIME TO PRIORITIZE DAILY OBJECTIVES.** By focusing on the most important tasks to get done, we eliminate the stress of trying to accomplish everything at once.
- 2 CUT PERSONAL INTERNET USE IN HALF.** Technology has become a major element in most of our lives. Social networking, email, and web surfing hinder our ability to focus by throwing hundreds of ideas at us. Reduce your Internet use by 50% and use that time to explore new hobbies, exercise, or meditate.
- 3 ENJOY NATURE.** Take a 5-10 minute break to step outside and breathe fresh air. Disconnect from the rest of the world and admire the beauty of nature.
- 4 EAT SLOWER.** A lot of us speed through meals, missing the chance to appreciate our food's textures and flavors. Start to chew slower and fully experience the smell, taste, and texture of your food.
- 5 CONNECT WITH FAMILY AND FRIENDS.** We all want to spend quality time with close friends and family, but how often do we get to truly listen and connect? Put away the cell phones and steer clear of noisy environments. Connect on a deeper level.
- 6 MAKE TIME FOR YOURSELF.** When did you last spend valuable time with yourself? Take a night to find a new book, watch a favorite movie, try yoga, meditate, or cook a new recipe.
- 7 GIVE YOURSELF MORE TIME.** Some of us like to stick to a tight schedule and plan all our daily events. Next time you're jotting down new tasks in your planner, factor in a few extra minutes when estimating how long things will take. This will help you not rush through daily tasks.
- 8 TAKE THE SCENIC ROUTE.** Next time you're driving somewhere, take the scenic route. Driving through open fields, mountains, or in view of a city skyline can be very relaxing.
- 9 SIT FOR A MOMENT WITH YOUR EYES CLOSED WHEN YOU START YOUR COMPUTER.** Even just a few moments of meditation can set the tone for the rest of your day. Try to empty your mind and take deep breaths before jumping into your tasks.
- 10 REMEMBER YOUR GOALS AND ASPIRATIONS.** Each morning when you wake up, take a few moments to think about your life goals and aspirations. Recall the milestones you've already reached in your life, and your drive to achieve new ones. Try doing this for five minutes before getting out of bed to start your day.