

10 WAYS TO INTRODUCE

THE SLOW LIVING MOVEMENT

1

wake up and lie in bed for a few minutes before jumping out. express gratitude, raise the blinds, make the bed

2

take your time brushing your teeth. don't rush daily tasks like doing the dishes, vacuuming, gathering items, taking care of plants, etc

3

pay attention to your breathing. take a deep breath in through your nose and slowly exhale through your mouth

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4

be more mindful throughout the day. think before acting. take more minutes to do something. take a moment to think before you speak

5

release your worry to a higher power

6

go for a walk without your phone. take the time to embrace nature, yourself

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7

declutter. start getting rid of a few things daily to get used to this lifestyle

8

self care routines

9

shopping bans

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start saying no, disregard things that aren't needed like texts that don't need quick responses, emails and stop feeling like you have to do everything to make everyone else happy

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