

The Art of Slowing Down

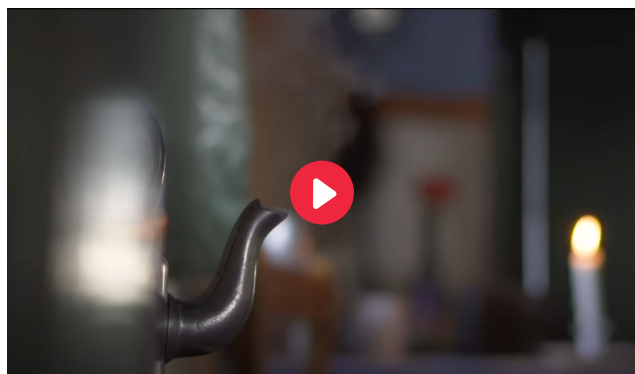
The art of slowing down not only reduces some of our stress reactions, according to studies, it also helps to improve our empathy and kindness. When we are busy rushing down the hallway at school, already late for the next meeting, we are less likely to notice a child with a troubled expression. Also, if someone constantly thinks they are short on time, they may develop a "time urgency" mindset: a typical Type A trait, in which one hurries, even when there is no actual need, because rushing to one's deadlines has become a habit. These are just two reasons to put attention and energy into slowing down the pace.



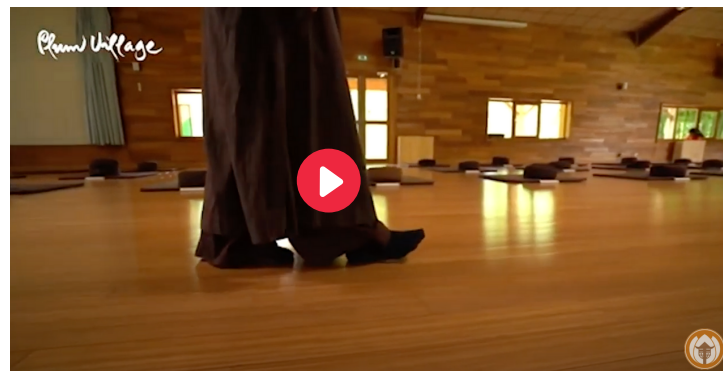
"If you are always racing to the next moment, what happens to the one you're in?"

Nanette Mathews

WATCH



Beautiful clip about the art of slowing down - enjoy!



Short Intro into walking meditation to be present

REMEMBER



Time perception varies, depending on the environment, the situation, on our usage of technology and our age. We can slow down time perception by being in nature, (nature has profound healing and decelerating effects and increases our positive emotions), having new experiences, learning new skills and by being more present in the moment. Our pace is, in many ways, a choice we make. Awareness of our speed is key - and the beginning of change.

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