



# SLOW ZONE

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## WELLNESS 'SLOW-LUTIONS'

- \*Print our **Slow Zone Sign** and place around your house or workplace, to create 'slow zones' and remind yourself to create '**Slow Times**'.
- \*Create time for **Single focused activities** like eating, enjoying the sunset, a slow walk with the dog, sharing tea with a friend, dinner around the Family Table with no TV, gardening.
- \*Create **20 minutes a day to De-Stress & Relax**. Simply sitting, laying, breathing, slow down all the way. Recent research has shown experiencing the 'relaxation response' daily can actually change the genetic expression associated with disease. ("Relaxation Revolution" by Herbert Benson).
- \***Reduce multi-tasking and create focused work spaces**. Multi-tasking is really a myth and actually decreases efficiency. Focus on completing one task at a time.
- \* Create '**Electronic Free**' Times and days. Put the mobile phone and Ipad away. Turn the computer and TV off. Bathe yourself in real sensory input and connection to the real world.
- \* Spend time in **Nature**, fresh air, sunshine. Share nature play with your kids.

**"Slow is not about doing everything at a snail's pace; it's about working, playing and living better by doing everything at the right speed."** SlowPlanet.com

## WHAT IS SLOW?

**What is the Slow Movement?** "It is a cultural revolution against the notion that faster is always better. The Slow philosophy is not about doing everything at a snail's pace. It's about seeking to do everything at the right speed. Savoring the hours and minutes rather than just counting them. Doing everything as well as possible, instead of as fast as possible. It's about quality over quantity in everything from work to food to parenting."

**Why do we need a Slow Movement now?** "It seems to me that we are moving towards an historical turning point. For at least 150 years everything has been getting faster and for the most part speed was doing us more good than harm in that time. But in recent years we've entered the phase of diminishing returns. Today we are addicted to speed, to cramming more and more into every minute. Every moment of the day feels like a race against the clock, a dash to a finish line that we never seem to reach. This roadrunner culture is taking a toll on everything from our health, diet and work to our communities, relationships and the environment. That is why the Slow Movement is taking off."

**What are the tell-tale symptoms of living too fast?** "When you feel tired all the time and like you're just going through the motions, getting through the many things on your To-Do list but not engaging with them deeply or enjoying them very much. You don't remember things as vividly when you rush through them. You feel like you're racing through your life instead of actually living it. Illnesses are often the body's way of saying Enough already, slow down!"

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## SLOW RESOURCES

<http://www.carlhonore.com>

[www.slowplanet.com](http://www.slowplanet.com)

Read 'Under Pressure' & 'In Praise of Slow' Carl Honore

Read 'Relaxation Revolution' Henry Benson

[www.massgeneral.org](http://www.massgeneral.org)

Read: 'The Nature Principle' and 'Last Child in the Woods' by Richard Louv

[www.richardlouv.com](http://www.richardlouv.com)

**Slow Yoga classes** –Therapeutic yoga and Mindful yoga at **Home of Yoga**.

Join in on a '**Slow Food Feast**' with our **Home of Yoga Club** or create one of your own.

[www.HomeofYoga.com](http://www.HomeofYoga.com)

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[www.actbelongcommit.org.au](http://www.actbelongcommit.org.au)

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