

Top 10 tips 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.
2. **Cut personal internet use by half.** Technology has become a major element in most of our lives. Social networking, email, and web-surfing can occasionally cause our minds to lose focus and wander through hundreds of topics, thoughts and ideas. Try to use half your designated internet time to explore new hobbies, exercise or meditate.
3. **Enjoy nature.** When time permits – take a 5 to 10 minute break to step outside and breath-in some fresh air. Disconnect from the rest of the world and concentrate on the beauty of nature.
4. **Eat Slower.** A lot of us tend to speed through meals – missing the chance to appreciate different textures and flavors. Start to chew foods more slowly while trying to distinguish new tastes, aromas and consistencies.
5. **Connect with family and friends.** We all try to make a considerable amount of time to spend with close friend and family. We discuss life events, exchange stories – but how often do we catch-up while truly listening and connecting? Put away the cellphones and steer clear of noisy environments. Connect on a deeper level.
6. **Make time for yourself.** When's the last time you spent valuable time by 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, try to 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 a somewhat long distance – try taking the scenic route. Driving through open fields, mountains, or viewing a city skyline can be very relaxing. Check out the scenic routes before your next trip!
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 day's 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. Try to recall the milestones you've already made in your life, and you're drive to achieve new ones. Try doing this for about 5 minutes before finally getting out of bed to start your day.

