

# half-doing

a take-it-slow mode

The slow mode is like taking it easy on the quiet, back roads. Going at a slow pace allows you to take notice of the world around, tune into your bodily sensations, as well as having space to reflect on what you are doing and how you are feeling.



## What simple activities would help you to get in touch with your body and the world around you?

These may be easy, familiar, rhythmic, repetitive, creative, flexible, or nature-based activities (e.g. baking, gardening, walking in the forest, swimming, painting, playing guitar, washing dishes, sweeping the floor)

## Choose one of these activities to do mindfully...

While you do it, focus on the sensations within your body (e.g. muscles, joints, breathing), and sensations from the world around you (e.g. how things feel, details of how they look, sound or smell). Write down the activity and the related sensations below. Did you feel any different after being 'present' in the activity (e.g. was it calming? grounding? a release of tension?).

## Creating time and space for slow mode activities.

If you find that slow-mode activities help you regulate your nervous system and emotions, it is helpful to build these into your day. In the space below, create a simple plan for at least one slow-mode activity. Capture what you will do, when the best time to do this is, how long it will take and what you will need (e.g. I plan to walk in the park after breakfast each morning for 30 minutes. I need my walking shoes and exercise clothes)