

Type a word a lifestyle which encourages a slower approach to aspects of everyday life, involving completing tasks at a leisurely pace.

Slow Living



Creative Pursuits:

Self-Care

Pacing Activities

Reduced Technology Use

Gratitude Practice

Personal Growth

Mindful Consumption

Mindfulness

Simplicity

Intentionality

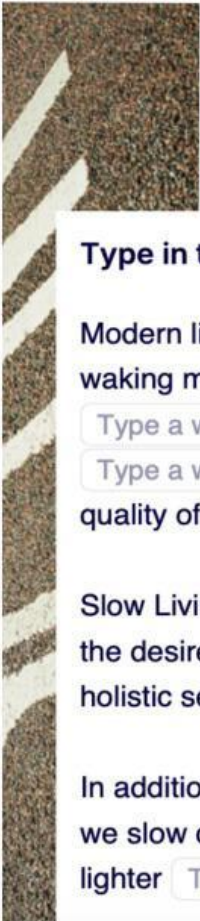
Connection with Nature

Slow Food

Quality over Quantity

Work-Life Balance

Community Engagement

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- ☐ *balanced*
 - ☐ *conscious*
 - ☐ *environmental*
 - ☐ *fast-paced*
 - ☐ *pace*
 - ☐ *impact*
 - ☐ *leisure*
 - ☐ *anxiety*
 - ☐ *well-being*
 - ☐ *pursue*

Type in the blanks.

Modern life is . The desire to keep up fills us with as we fill every waking moment with activity. In the process, we forgo our natural rhythms and fail to enjoy our or give activities the time they deserve. Slow living is a lifestyle decelerating the of daily routines, emphasizing a less-is-more approach and focusing on the quality of your life.

Slow Living means structuring your life around meaning and fulfilment. Slow Living addresses the desire to lead a more , life and to a more holistic sense of in the fullest sense of the word.

In addition to personal advantages, there are potential benefits as well. When we slow down, we often use fewer resources and produce less waste, both of which have a lighter on the earth.

What is the main message of the Slow Living movement?

- ☐ Slow living is living in a more balanced, meaningful, and life-affirming way.
- ☐ Slow living is a lifestyle choice for busy people.
- ☐ Slow living is about well-being and doing everything as well as possible instead of as fast as possible.
- ☐ Slow living is fighting back against the current state of ecology.



Wolf food down To consume (food) quickly	Slow down To act at a lower speed	Hectic lifestyle very busy and involves a lot of rushed activity	Delay Smth that happens later than planned
Full-Throttle at maximum speed, effort, or risk.	Suit down to the ground To fit perfectly	To dawdle To waste time, to be slow	Whirlwind of errands A full and long to-do list

- ✓ *Is your life **full-throttle**? Why (not)? If yes, does it **suit you to the ground**?*
- ✓ *Has the pace of life quickened? What effects does living in the **hectic lifestyle** have on people?*
- ✓ *Do you try to avoid the **slightest delay**? Are you annoyed by people who tend to **dawdle**?*
- ✓ *Has your weekend turned into **hectic whirlwind of errands**?*
- ✓ *Do you have time to eat proper lunch or do you usually nip into the cafe and **wolf your food down**?*
- ✓ *If you were able to **slow down your life**, would you do it?*