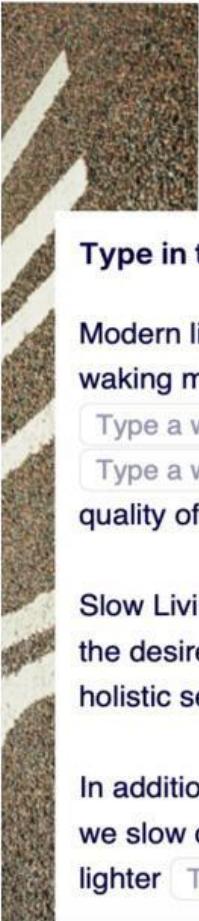


Type a word **a lifestyle which encourages a slower approach to aspects of everyday life, involving completing tasks at a leisurely pace.**

# Slow Living



- Creative Pursuits:
- Self-Care
- Pacing Activities
- Reduced Technology Use
- Gratitude Practice
- Personal Growth
- Mindfulness
- Mindful Consumption
- Simplicity
- Intentionality
- Connection with Nature
- Slow Food
- Quality over Quantity
- Work-Life Balance
- Community Engagement



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

### Type in the blanks.

Modern life is Type a word. The desire to keep up fills us with Type a word as we fill every waking moment with activity. In the process, we forgo our natural rhythms and fail to enjoy our Type a word or give activities the time they deserve. Slow living is a lifestyle decelerating the Type a word 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 Type a word, Type a word life and to Type a word a more holistic sense of Type a word in the fullest sense of the word.

In addition to personal advantages, there are potential Type a word benefits as well. When we slow down, we often use fewer resources and produce less waste, both of which have a lighter Type a word 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	Slow down	Hectic lifestyle	Delay
To consume (food) quickly	To act at a lower speed	very busy and involves a lot of rushed activity	Smth that happens later than planned
Full-Throttle	Suit down to the ground	To dawdle	Whirlwind of errands
at maximum speed, effort, or risk.	To fit perfectly	To waste time, to be slow	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?**