



How Can Going Slow Help You Relax?

Kimberley Wilson, Counselling Psychologist

As we cram more and more into our daily lives, we're starved of time. But in fact what we're missing is paying close attention to anything. Our minds flit from one stimulus to another . This makes us restless and anxious, and our stress levels go through the roof.

As a psychologist I know the value of going slow and so I make taking time out an essential part of my daily routine.

But I also meditate twice a day. It gives me a chance to focus my mind before I jump on the treadmill of the day's thoughts. And it also helps me to sleep better at night.

I see it every day in my professional practice. People tell me that they can't slow down because they won't get everything done. The result of this relentless pressure is burnout and a sense of dissatisfaction.

I believe if we all took a moment to slow down we'd actually achieve more, and feel much more satisfied in the long run.

There's now a global movement supporting the idea of Going Slow - there's slow food, slow cities and even slow TV - and I think it's worth considering.