

# *A notebook on slow living*

A practical guidebook that will help you to understand slow living in a deeper way, creating resilient connection with yourself and your family

# My Slow Living Notebook

Name:

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# An introduction to slow living...

Take a moment to think of slow living. What is it? What do you picture when you think of it?

When we think of slow living we might picture the setting of a window-sill, our hands wrapped around a cup of tea, breathing it in, clinging to its warmth, and watching the world go by outside.

We might think of waking early to go for a walk at sunrise, then coming home to work in a way that is unhurried yet methodical. We might think of taking time to have breaks, keeping hydrated, and being present.

Whatever it is, a slow living lifestyle is about having a slower approach to life. It is the act of living at a relaxed and more mindful pace.

It is about savouring, reflecting, and living consciously.

It is taking time to do things; doing less yet doing better.

It is about noticing time, truly living within it, rather than rushing through it.

Our lives can often become hectic and busy, full of things to get done, long to-do lists, and the feeling of a lack of time.

With this comes stress and the feeling that we are neglecting ourselves and our well-being.

But slow living can be brought into our life in many ways, from the way we think about how we purchase, to how we can spend the free time that we have.

In this notebook we jot down our thoughts about how we can bring about a mindful and conscious lifestyle into the pages of your notebook. Our hope is to share with you how we can spend less time worrying, stressing, and rushing, and more time living.

Slow living to me is...



Feel free to scribble below

# Mindfulness...how to be present

Right now, before you read further into our notebook, we invite you to take a moment.

Rest your shoulders, and focus on your breathing. Breathe in deeply, and then breathe out. As you do so, notice how your breath fills your body. Then feel how it is slowly released, emptying your body. Feel how your shoulders rise then fall.

Notice any tensions in your body, any aches, any feelings.

Notice where you feel them. Bring your attention to them. Then let them be.

When you are ready, bring your attention back to what you are doing.

Simply the act of letting be is a key component of mindfulness. It is recognising how you feel — emotionally, spiritually, and physically — and letting it be. Accepting it. Feeling that feeling.

It is realising that the act of being is enough.

Take a moment now to find a pen. Relax into a comfortable position. Then close your eyes as you ponder this question: how do you feel right now, really? Do you feel calm, and at peace? Do you feel anxious? Tired? Think of how your body felt in the breathing exercise. Did it feel heavy?

Whatever you feel, note that down.



Checking in with yourself, noting down your feelings, is a great way to practise mindfulness. It helps you to make note of what is happening within, and respond to that without judgement.

Mindfulness is known to reduce stress. It helps us to be less reactive to any stressors, and to recover more easily when we do experience it. It helps us to clear our head from tasks and people, and to focus simply on ourselves, on our own being.

You might be wondering how we can bring mindfulness into our everyday, how we can make time for it.

One way to do this is to do our usual activities, but more mindfully. Whether this is mindful eating or mindful walking, it is the action of bringing attention to what we are doing.

One way we can do this is by having a minute of mindfulness before an activity. Before you go for your walk, close your eyes for a minute and focus on your breathing, doing a similar exercise to the one in this notebook. Then go for your walk with a fresh mind, with simply your own thoughts for company. Leave your headphones behind, and step outside with the intention of simply being.

Feel the sun, listen to the world, and be present.

# Slow hobbies...bringing slow living into everyday life

Making time for slow hobbies is a really great way to look after our mental and physical well-being. They help us to de-stress, reflect, and prioritise the simple things.

But what are slow hobbies, and why are they important?

A slow hobby is one that is born out of stillness. It can often be something that has no aim; it is not for productivity but enjoyment. It is a pastime that focuses on slowing down and being aware of the world around you.

They are hobbies that help us to reflect, to think, to be. Some ideas could include painting, knitting, journaling, jigsaw puzzling, baking, and reading.

One of my favourite slow hobbies is reading. At the moment, I am reading a poetry anthology filled with writings from hundreds of years ago right up to the present.

It made me think how living is like poetry. We can read through it quickly, discover the story quicker, and move on to the next poem, learning and experiencing more. Or we could pause. We could ponder. We could reread the same sentence, and as we do, find more meanings, more interpretations, and really see the art in front of us.

This is what slow living is all about, what slow hobbies can offer, a moment to think and see and discover.

One hobby that really helps us to do this is journaling. Through journaling we can write three things that we are grateful for each day. This does not have to be big things at all, most of the time they are the small things. It could be a cup of tea in the afternoon. Or a hello from a stranger passing by. It could even be gratitude for having clean water. Expressing gratitude not only boosts our mood, but allows us to really look at our life. It allows us to notice the good things we have and feel abundant.

Are there slow hobbies that you enjoy doing each day? Are there any that you do not do, but wish to start?

New hobby

Steps to get started

☐☐☐☐☐

New hobby

Steps to get started

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New hobby

Steps to get started

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New hobby

Steps to get started

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# Slow fashion...high quality clothes with good ethics

One way we can live more slowly is through supporting slow fashion.

Slow fashion is about giving each and every item of clothing more purpose, more love, and more thought. It makes clothing not just something that you wear to fit a current lifestyle or to follow the trends, but something to treasure, something to cherish.

Purchasing high quality clothes that have been made ethically can give us a product we can keep for generations. It is an item that can be shared among and between friends and family members, becoming a long-lasting item that is truly loved.

It can be so easy to see something online and to love it in the moment, to quickly buy it, and then by the time it arrives your mind has changed.

Slow fashion is about trying to think and ask ourselves questions before we purchase. It is waiting a few days, or giving new life to clothes we already own through up-cycling.

Take a moment now to jot down the clothes that you consistently reach for. What are the clothes that you wear every week? What are the clothes you have had for years and still wear?

Now go to your wardrobe. Were there many items that didn't make the list?

*If you have to choose just 3 outfits to wear on a desert island, which would you pick from your wardrobe?*



Often it is the same clothes that we consistently reach for, the same pair of jeans, the same jumper. It can really show us how it can often be very little that we actually need, or even that we want.

Slow fashion does not just have to just be about purchasing from sustainable and ethical brands. It is also about making the most of the clothes that we already have. It is helping them to last longer, and purchasing in a way that is thoughtful rather than impulsive. It is thinking of the planet's impact on each item of clothing and how we can help the planet through purchasing slowly.

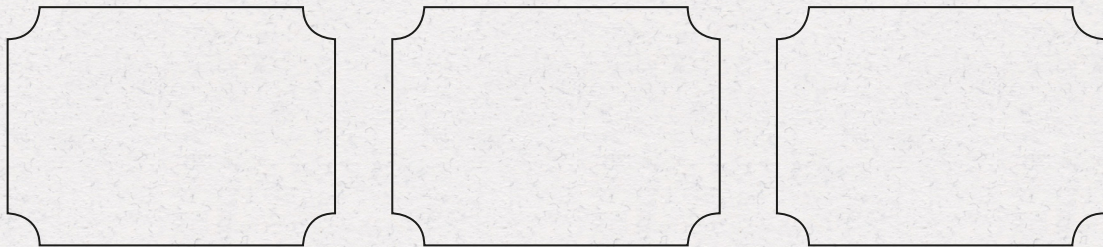
# Responsible investment...positively impacting society

Another part of slow living is the idea of slow money. When we slow down the pace of our lives and the way we do things, we can also slow down the way we spend. Slow money is about spending less: it is making the most of what we already have and thinking more before we spend.

Some ways we can do this is by asking ourselves how much we really want an item, what we need it for, and whether something we already have can be a suitable alternative.

Often we can find ourselves surrounded by lots of things, that could be clothes or furniture or decorations. We collect and purchase throughout our life — but how much of this do we truly need?

Take a moment now to jot down the things you use in your day to day life. What are the things you honestly, really, couldn't live without?



Often the list isn't long at all. Purchasing slowly is about thinking and being conscious with how we spend, and often saving money at the same time. It is about simplifying life down, and realising the joy that comes from the basics.

Investing responsibly is another part of spending slowly. It can be a great idea to search and look for investments that have a positive impact on the world. There are many places to invest our money that focuses on being ethical, for example some pension investments.

By reducing our expenditure and purchasing slowly, we are able to then increase our investment and enjoy a more simplified life.

Other ways we can enjoy responsible investment is by choosing to spend our money in a way that positively impacts our surroundings, such as purchasing with the environment and society in mind. One way we can do this is by choosing to buy small and local, helping to support local farmers and independent shops.

Overall, responsible investment is about being conscious with how we spend our money and where we put it.

A thinking prompt: In what areas of life can you save money and reduce purchasing? Are there any items you tend to impulse buy?

I solemnly swear to (almost) never impulse buy...

...AGAIN

Signed:

Date:

# Carbon offsetting...encouraging responsible living

Slow living is about having a lifestyle that is conscious of our actions, and of how we impact the planet. It is about trying to reduce that impact, whether that be through buying local or up-cycling clothing, it is about slowing down and helping the planet we live on.

Despite our slow living goals, we live in a carbonised society. Every time we purchase an item, use our car, travel, or do our everyday things, we leave an impact. It is not always possible to live slowly, and often we want to travel and do things that can create a carbon impact.

It is then that offsetting can be a great option, as it can help us to live a conscious lifestyle even when life gets busy.

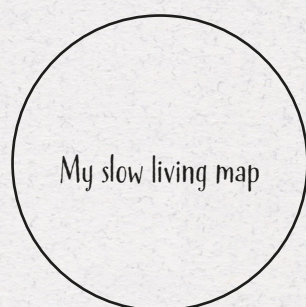
Offsetting our carbon footprint is a way of creating balance, as it means that when we use carbon we can make up for it by investing in environmental and social projects. When we purchase an offset, we are funding projects that in turn reduce greenhouse gas emissions. This can help us to balance our own and everyday needs with the needs of the planet.

At Terra Neutra we can help you to do this with ease. We have different options for how you can offset yours and your family's monthly or yearly carbon footprint. Our three projects that you support through offsetting are: rainforest conservation, peatland conservation, and low smoke cookstoves. To learn more, you can head over to our website.

Offsetting can be a great way to help us live slowly, as it encourages us to think about the impact of our everyday actions. It is another way to create a balance between our own lives and the planet.

Living slowly isn't about living perfectly. It doesn't mean we need to cut out the things we love, or make sacrifices for the needs of the planet. Rather, it is about kindness, about being conscious. It is being kind to ourselves by allowing ourselves more time, looking after our health and well-being, and being mindful. It is being kind to the planet, being kind to our communities, and being kind to ourselves and our family.

Scribble down all of your hopes and thoughts on slow living...



Group your intentions in the boxes

Mindfulness

Hobbies

Fashion

Investment

Offsetting

Other

