

A Day Of Slow Living

- ~ Open curtains and windows and welcome the light and fresh air in
- ~ Put on a comfortable outfit that makes you feel good
- ~ Make yourself a nice warm cup of tea or coffee
- ~ Have a healthy breakfast with oats and fruits
- ~ Go for a walk or a bike ride
- ~ Have lunch with an old friend
- ~ Indulge and have a treat with your afternoon tea:
chocolates, cake, cookies...
- ~ Put some fresh sheets on your bed
- ~ Light candles when it's getting dark
- ~ Prepare a home cooked meal and eat it at a nicely set dinner table
- ~ Curl up on the couch and do some knitting, colouring or reading
- ~ Have a warm shower or bath and use a fresh towel to dry yourself
- ~ Write down three things you are grateful for today
- ~ Have a good night's sleep in your freshly made bed

