

# Kaalo lifestyle

family wellbeing: AskNelson



Slow Down



# Slow Down

All of us are going through the process of letting go of our expectations for what we thought was going to happen these next few weeks and months and moving into what is actually happening. The faster we can adapt to this new reality, the less suffering and resistance we will experience. It is a time to slow down, a time to go inward. Notice if you have a resistance to slowing down. It may not be by choice, but we can try to enjoy this forced slowing down, even thinking of it as a personal retreat, or at least embrace it as possibly what we—and the world—need right now.

## MOVE

We have become so fixated with intense exercise, which certainly has its benefits, that we may have forgotten the incredible benefits of some of the gentler modalities. Thai Chi has been reported to improve muscle tone, flexibility, balance and coordination. Many older people report that it boosts their energy, stamina, and agility and gives them a sense of well-being. Regular Pilates can develop flexibility, strength, muscle tone, body awareness, energy and improved mental concentration. Add to this better posture, stronger abdominal muscles, better balance and increased bone density. And tummies typically get flatter. Yoga studies show that yoga can help ease stress and lower your levels of the stress hormone cortisol, decrease symptoms of anxiety, reduce inflammatory markers in the body and help prevent pro-inflammatory diseases, decrease risk factors for heart disease, improve quality of life and may be used as an adjunct therapy for some conditions, yoga may decrease symptoms of depression by influencing the production of stress hormones in the body, reduce chronic pain and help enhance sleep quality because of its effects on melatonin and its impact on several common contributors to sleep problems. It might be time to start a new practice!

## CREATE

Slowing down and stepping out the rat race gives time for your creativity to blossom. We also know that crisis and boredom are great breeding zones for creativity. What did you create today or how did you innovate today? Grab a blank piece of paper and start writing. This is a good time for a diary, a scrapbook or even a time capsule. We are living through history, how will you remember it?

## HAVE FUN

We have all been given cause to reflect on how busy we are, how obsessed with instant gratification, distraction, stimulate and entertainment. It is time to embrace a simpler way of life. Try play some old fashioned games with your family they are very rewarding.

## RESTORE

We cannot restore if we cannot be still. Practice solitude, stillness and silence. Start with just ten minutes a day outside, no devices. See if you can build up to a full hour before the end of lockdown.

## Contact Us

**kaelolifestyle**

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0861 635 766 or \*134\*928#

Send a 'please call me' to  
072 620 5699



asknelson@kaelo.co.za



www.kaelo.co.za

*Standard call rates apply*