LIFE IN THE S.L.O.W. LANE

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NORMS

JUDGMENT
“I have come to believe that caring for myself is not self indulgent. Caring for myself is an act of survival.” – Audre Lorde
FOUR SQUARE BREATHING

Breathe In

Hold

4
seconds

Hold

Breathe Out

Source: University Family Medicine Centre © 2019
Stick to your values
STICK TO YOUR VALUES

• Say what you need/want

• Speak your truth (with kindness)

• Share how you feel
LET’S PRACTICE
L - love yourself then others

I ♥ ME
LOVE YOURSELF THEN OTHERS

• Boundaries
• "No thank you"
• You have a choice
• Time limits
• Affirmations
• "Can I think about it?"
LET'S PRACTICE
Only apologize once
ONLY APOLOGIZE ONCE

“OOPS”

“Thank you for your patience”

“Bummer”

“Oh Man!”

“That’s too bad”

“Ugh”

“Excuse Me”

“My mistake”
W-wait and watch
WATCH AND WAIT

- 24–48 hour rule
- "Let it Go"
- "This too shall pass"
- Walk away (take a moment)
- What’s the worst thing that could happen?
- Is this life or death?
- Can someone else learn from this (or handle this?)
PERSONAL: FINDING THE TIME—IF YOU HAVE...

• 2 MINUTES
  • BREATHE
  • DAYDREAM
  • DOODLE
  • SPEND TIME WITH YOUR PET

• 5 MINUTES
  • LISTEN TO MUSIC
  • CHAT WITH A FRIEND
  • STEP OUTSIDE FOR FRESH AIR
  • ENJOY A SNACK; MAKE A CUP OF...

• 10 MINUTES
  • WRITE IN A JOURNAL
  • TIDY YOUR WORK AREA
  • DANCE
  • READ A MAGAZINE

• 30 MINUTES
  • GET A MASSAGE
  • SPEND TIME IN NATURE
  • GO SHOPPING
  • PRACTICE YOGA
Willing to try an experiment??
COMMITMENT

• What’s one thing you can start to do for yourself today?

• YOU DESERVE IT!
30 SEC “SAVASANA”
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