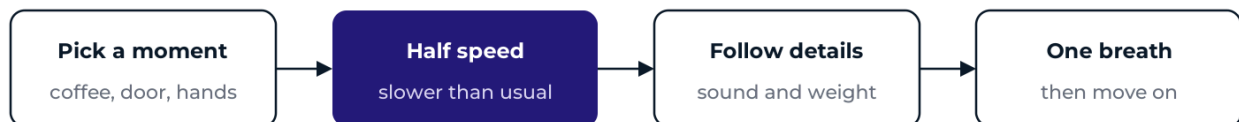


One Moment of Slowing Down

Kindred Heart Collective · Oct 20, 2026



One ordinary moment, done at half speed



If your mind wanders, gently return to the next small movement

Slowing down does not require a free hour. It can be a single transition in your day that you choose to move through on purpose.

Time: 1 to 2 minutes

The Practice

1. Choose one ordinary moment: pouring your coffee, washing your hands, walking to your car, opening a door.
2. Do that one thing at half your usual speed.

3. Let your attention follow the details: temperature, texture, sound, the weight of your body as it moves.
4. When your mind wanders, and it will, gently return to the next small movement.
5. Finish by taking one natural breath before moving on.

Why It Helps

A busy nervous system often lives one step ahead of the present moment. Doing one thing slowly teaches your system that it can be here, now, without hurrying toward what comes next.

Try This

Pair the practice with something you already do every day, so it becomes a rhythm instead of one more task.

Reflection

- Was there a moment I wanted to rush or skip ahead? What was that like?
- What details did I notice that I usually miss?
- Where in my day could this small practice fit?

There are no right answers. "Nothing really changed" is a complete and honest reflection.