

# Exercise:

## Slow Down 2%

(1-3 min)

### ABOUT

When you're in a speeding car and want to slow it down, slamming on the brakes isn't the best for the car or the passengers. To keep things smooth, you want to slowly downshift (assuming there's time, of course).

Like a car, the nervous system tends to respond better to a gradual slowing down. When you're feeling stressed or ramped up (have momentum), you might notice it can be difficult to "just relax." If you've ever tried to meditate in this state, you may have found yourself feeling antsy or with a busy, hard-to-settle mind.

This exercise supports a more effective state shift from higher speed/stress into a more relaxed and resourced state without needing to take a lot of time.

### EXERCISE:

- Close your eyes
- Notice the sensations in your body (perhaps note the Activation Level)
- Invite your body and mind to slow down and soften just 2%
- Take a moment to allow things to shift
- Then maybe try 2% slower (and so on)
- What feels different? What's your Activation Level now?