

@fariha.salahuddin

Is slowing down a
challenge?

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Slowing down means knowing when to pause and let go, offering the fastest path to recovery and rejuvenation. Many cultures endorse micro-breaks; for example, 'Niksen,' a Dutch term meaning 'doing nothing,' highlights the value of setting aside time for absolute idleness. Research confirms that rest and relaxation enhance focus, alleviate stress, and spark creativity. In Swedish, it's 'logom,' denoting moderation.

Obstacles to Embracing Slower Pace

- Societal Pressure: Society often glorifies busyness, cultivating the fear of missing out (FOMO).
- Escapism in Busyness: Even when physically slowing down, our self-talk remains active and critical.
- Lack of Interests and Hobbies: The absence of diverse interests contributes to the difficulty in slowing down.

Obstacles to Embracing Slower Pace

- **Technology's Influence:** Constant connectivity fosters an adrenaline rush, hindering relaxation.
- **Work Demands:** High workloads, tight deadlines, and a focus on goals obstruct slowing down.
- **Fear of Giving Up:** A persistent fear that slowing down signifies surrendering.
- **Grand Event Dominance:** Fun often revolves around grand events, overshadowing equally rejuvenating simple activities.

Slowing down isn't laziness, lethargy, or aimlessness. It's not about giving up, lacking motivation, or losing passion. Instead, it's often a sign of being in the wrong place or experiencing depression.

Benefits of slowing down

- Inner strength and self-understanding.
- Meaningful, lasting connections.
- Personal upskilling for the future.
- Sustained happiness and relaxation.
- Reduced self-judgment and increased patience.
- Gaining wisdom.

If you find yourself at a crossroads in life and seek a guiding partner, we recommend a 120-day transformation journey.

Our transformation coaching provides a pathway to liberation, cultivating mindfulness and confidence to conquer overthinking while promoting mental well-being.

We specialize in highly personalized transformation coaching. Don't hesitate to reach out to us at www.farihas.com."

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