

Eleanor Sun

### Slow down and enjoy life more

In a fast-paced city such as Hong Kong, people are constantly going faster, rushing to get a bus, hurrying to work, and even eating fast.

We have become slaves of speed. Why don't we try to slow down and enjoy our lives in a completely new way?

For me, there are some crucial ways to rid ourselves of haste. Enjoy your meal in a leisurely way instead of having fast food. Allow yourself to relish the joy of eating.

Spend some time just with your family and friends, instead of using the computer. You will feel rejuvenated when you sense their tremendous support.

Count your blessings and linger for a moment to appreciate the world.



Close your eyes, take a deep breath and relax. Otherwise you will easily get trapped in the fast lane of stress and become overwhelmed by all the pressures.

If you find yourself simply competing against time doing routine things, then you will become a "working machine".

Most people share this feeling. That is why the level of happiness in our city is low, despite growing affluence.

If you slow down a bit, you will experience the wonderful meaning of life and the pursuit of happiness. This is an effective way to reduce stress.

Slowing down recharges our body's batteries and encourages us to gear up for challenges.

It certainly can make an enormous difference to our lives.

### Learn to appreciate, don't be envious

Have you ever been envious of another person's possessions or talents? I believe everyone has at some point and I am no exception.

Envy is a natural emotion. But it doesn't achieve anything. I believe envy is a bad habit.

We should learn to appreciate everything around us instead of being envious. If a person who is talented in something, you can appreciate their skill or learn from them.

Appreciation is a very important skill – and that includes appreciation of yourself and your own skills. Instead of focusing on other people's skills, remember that you have some strengths yourself.

Nobody is flawless. Everyone has strengths and weaknesses. We should learn to appreciate ourselves and accept our weaknesses.

We are very lucky to live in Hong Kong. We don't have to deal with the fear of earthquakes, flooding, famine and so on. We have compulsory education and the chance to learn and improve ourselves. And then we can share our knowledge and skills with others.

So don't waste time wishing you had what someone else has. Appreciate all the things you have and know, and appreciate how lucky you are.

Mui Po-ling, Shun Lee Catholic Secondary School

### Slow down and enjoy life more

- Name one adjective used to describe Hong Kong.
- Are Hong Kongers living a fast pace of life? Give two examples to explain your answer.
- How many ways did Eleanor Sun suggest us to slow down and enjoy life? Name two of them.
- Why should we slow down sometimes?
- How should secondary students lead their life?

### Learn to appreciate, don't be envious

- Describe some of your strengths and weaknesses.
- Are you contented with your life?

### Slow down and enjoy life more

- Name one adjective used to describe Hong Kong.
- Are Hong Kongers living a fast pace of life? Give two examples to explain your answer.
- How many ways did Eleanor Sun suggest us to slow down and enjoy life? Name two of them.
- Why should we slow down sometimes?
- How should secondary students lead their life?

### Learn to appreciate, don't be envious

- Describe some of your strengths and weaknesses.
- Are you contented with your life?

### Slow down and enjoy life more

- Name one adjective used to describe Hong Kong.
- Are Hong Kongers living a fast pace of life? Give two examples to explain your answer.
- How many ways did Eleanor Sun suggest us to slow down and enjoy life? Name two of them.
- Why should we slow down sometimes?
- How should secondary students lead their life?

### Learn to appreciate, don't be envious

- Describe some of your strengths and weaknesses.
- Are you contented with your life?

### Slow down and enjoy life more

- Name one adjective used to describe Hong Kong.
- Are Hong Kongers living a fast pace of life? Give two examples to explain your answer.
- How many ways did Eleanor Sun suggest us to slow down and enjoy life? Name two of them.
- Why should we slow down sometimes?
- How should secondary students lead their life?

### Learn to appreciate, don't be envious

- Describe some of your strengths and weaknesses.
- Are you contented with your life?