

What's the Rush? The Power of a Slow Morning

Geir Berthelsen, founder of the [World Institute of Slowness](#), a think tank in Norway, says starting the day with intentional slowness helps spark creative thinking. “Business leaders need to take time to forget about time, and that helps them be creative when they arrive at work,” he says. “That’s the goal of doing this before going into the workplace.”

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—Geir Berthelsen, founder, World Institute of Slowness

Mr. Berthelsen advises spending at least 20 minutes before the workday doing nothing. “If you don’t do that, if you wake up stressed that you’re late to work, then the whole day is really destroyed in a way,” he says. Each morning Mr. Berthelsen spends about 25 minutes meditating before sitting down to breakfast with his wife and two children, he says.

Spending time doing nothing gives the brain a break from multitasking and interruptions, especially from technology, Mr. Berthelsen says. “If you have too many interruptions you become absent from yourself,” he says. “Technology isn’t bad, but we have to find ways for it to serve us better—that interruption is probably the biggest loss of productivity.”

WE WANT TO HEAR FROM YOU

What’s your morning routine? Would a slow morning work for you?

Tell us your thoughts by emailing ellen.byron@wsj.com

More than 60% of consumers say they look at their phone within 15 minutes of waking and check their phones about 52 times a day, according to Deloitte. Some 63% of consumers say they are trying to limit their smartphone use, yet only about half say they’ve succeeded, according to a Deloitte survey released in