

Spring Cleaning: Decluttering Your Mind

As Spring begins to bloom, you may find yourself doing some "spring cleaning": maybe cleaning your closet or organizing your desk. But it is also important during this time to engage in some mental spring cleaning and declutter your mind.

How can you "de-clutter" your mind though? This week's Wellness Newsletter focuses on how to deal with negative thoughts, worrying, and a cluttered mind



WHAT IS MENTAL CLUTTER?

Sometimes when we hear the word "clutter", we think of physical clutter - but it can include mental clutter.

What does it look like when your mind is cluttered though? You may notice yourself focusing on the negatives, ruminating, or worrying about things outside of your control

Dealing with mental clutter can be exhausting, and it may leave you feeling distracted and unable to focus...



If you feel that you are experiencing worrying, ruminating, negative thoughts, or difficulties with focusing, it may be useful to engage in skills for de-cluttering your mind

HOW TO DE-CLUTTER

CLUTTERED SPACE = CLUTTERED MIND

It can be difficult to find motivation or focus if the environment you are in is disorganized or "cluttered". De-cluttering the space around you can be the first step in de-cluttering your mind



WRITE OUT YOUR THOUGHTS

If you are carrying a lot on your mind, maybe even experiencing racing thoughts at times, it can be overwhelming and lead to mental clutter. Try writing out your thoughts, whatever comes to your mind, as a way to practice getting the thoughts out and letting them go

SET ASIDE TIME TO WORRY

There may be times where it is too difficult to just "let it go" when you are experiencing worry or anxious thoughts. In those moments, it may be helpful to set aside specific time in your day to let yourself worry. In doing this, you can train your brain to not engage in continuous worrying throughout the day



RE-EVALUATE YOUR TO-DO LIST

No one can do it all, and that is okay. If you feel like you are constantly needing to do more or unable to accomplish tasks, re-evaluate your to-do list, and make an effort to prioritize what is realistic for your to-do list versus what is overwhelming



GET RID OF THE SCREEN (JUST FOR A LITTLE BIT)

We have all been there - we say we are taking a break from work, go on our phones or tv, and suddenly hours have gone by. Taking a break is necessary, but try to avoid screen time, as it can sometimes lead you to feel less productive or motivated. Try reading a book, meditating, listening to music, journaling, or going on a walk



Slow and steady wins the race right? Even if you're someone who swears they can multitask, eventually you will feel overwhelmed and hit a wall. Take everything one step at a time, and organize your schedule with specific tasks in mind.

STOP (I REPEAT STOP) MULTITASKING

This may be a difficult task if you are someone who tends to focus on the negatives. But taking time to recognize your accomplishments and strengths can help increase positive thoughts, motivation, and self-esteem, which can then in turn help reduce stress and increase motivation. Take time to recognize and reward your hard work

RECOGNIZE YOUR STRENGTHS & REWARD YOURSELF

