

# Declutter

Physical clutter means different things to different people.

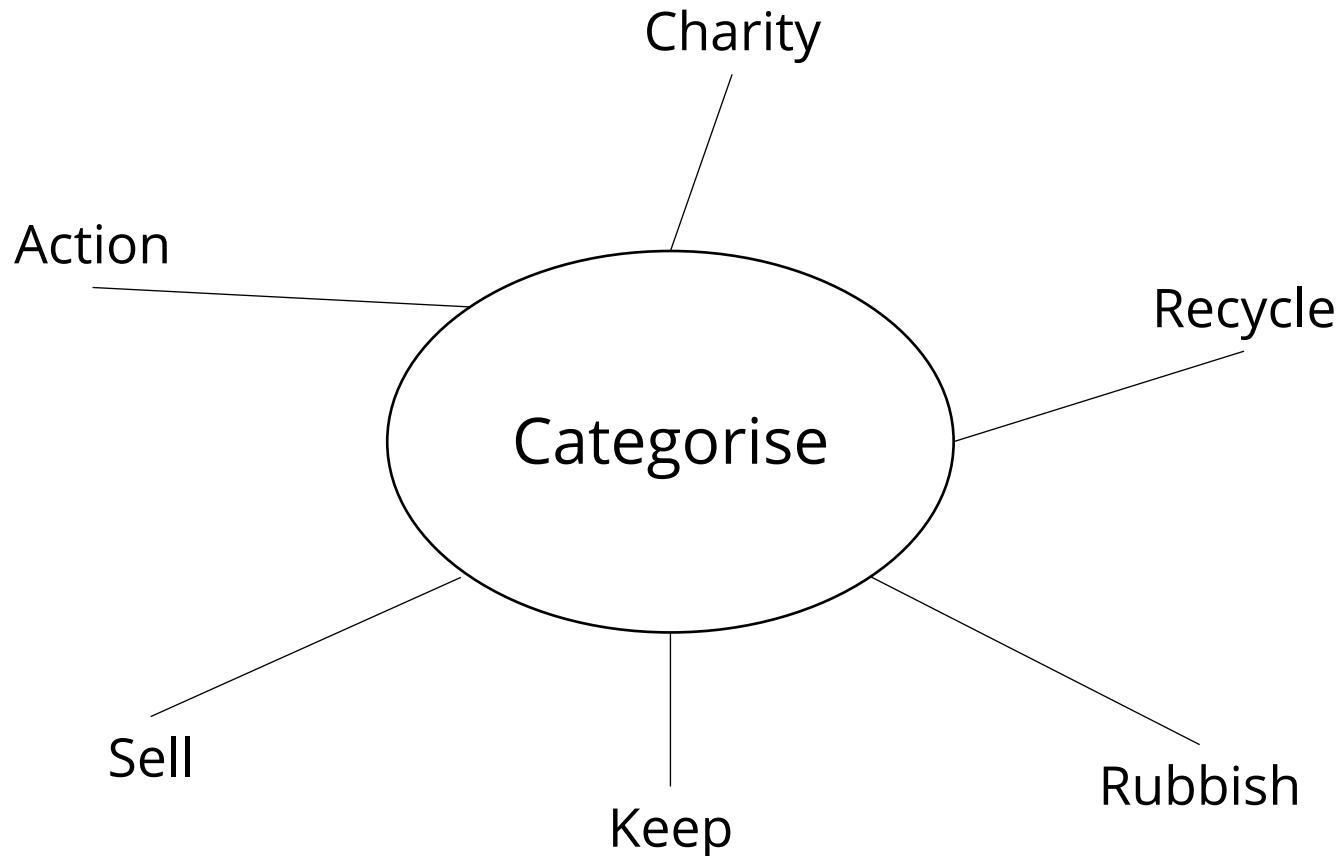
It can be the things you don't use; you don't know the purpose of, and/or you don't have a place for. It can be things you don't want to deal with or aren't even sure why you have.

But whatever form it is in, it is “visual noise.”

Consider the following questions:

- What mess bothers you the most?
- Why does it bother you?
- What prevents you from tackling the problem?
- What would it take to fix it? (including resources such as time, money, space, another person, etc)?
- Timeline (list dates for accomplishing each task).

Go through all your possessions and sort stuff into different categories. Decide what to keep and discard the rest.



*“Decide what to keep, not what to get rid of and declutter by subject not room.”*

1. Clothes
2. Books
3. Documents
4. Miscellaneous

Take each item and ask, “Does this spark joy?”

When is a mess more than a mess? Hoarding happens when you collect large amounts of stuff, store it in a chaotic manner and can't bring yourself to throw anything away.

Hoarding is considered a significant problem if:

- the amount of clutter interferes with everyday living – for example, the person is unable to use their kitchen or bathroom and cannot access rooms.
- the clutter is causing significant distress or negatively affecting the quality of life of the person or their family – for example, they become upset if someone tries to clear the clutter and their relationship suffers.

<https://www.nhs.uk/mental-health/conditions/hoarding-disorder/>

*“An abundance of things  
you are trying to  
remember, all mixed up  
with an abundance of  
things you are trying to  
forget.”*

# Mental clutter

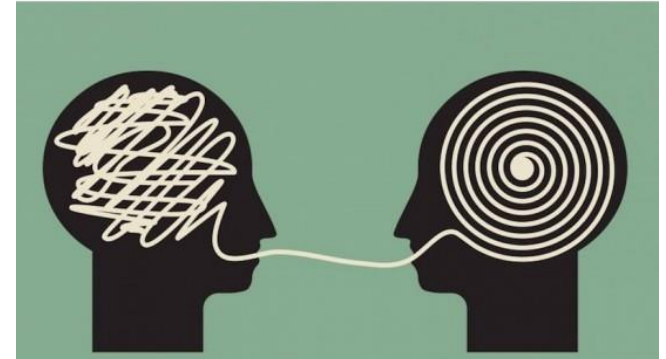
Mental clutter is anything that keeps you from thinking straight.

For example, worrying is mental clutter.

The key is more action.

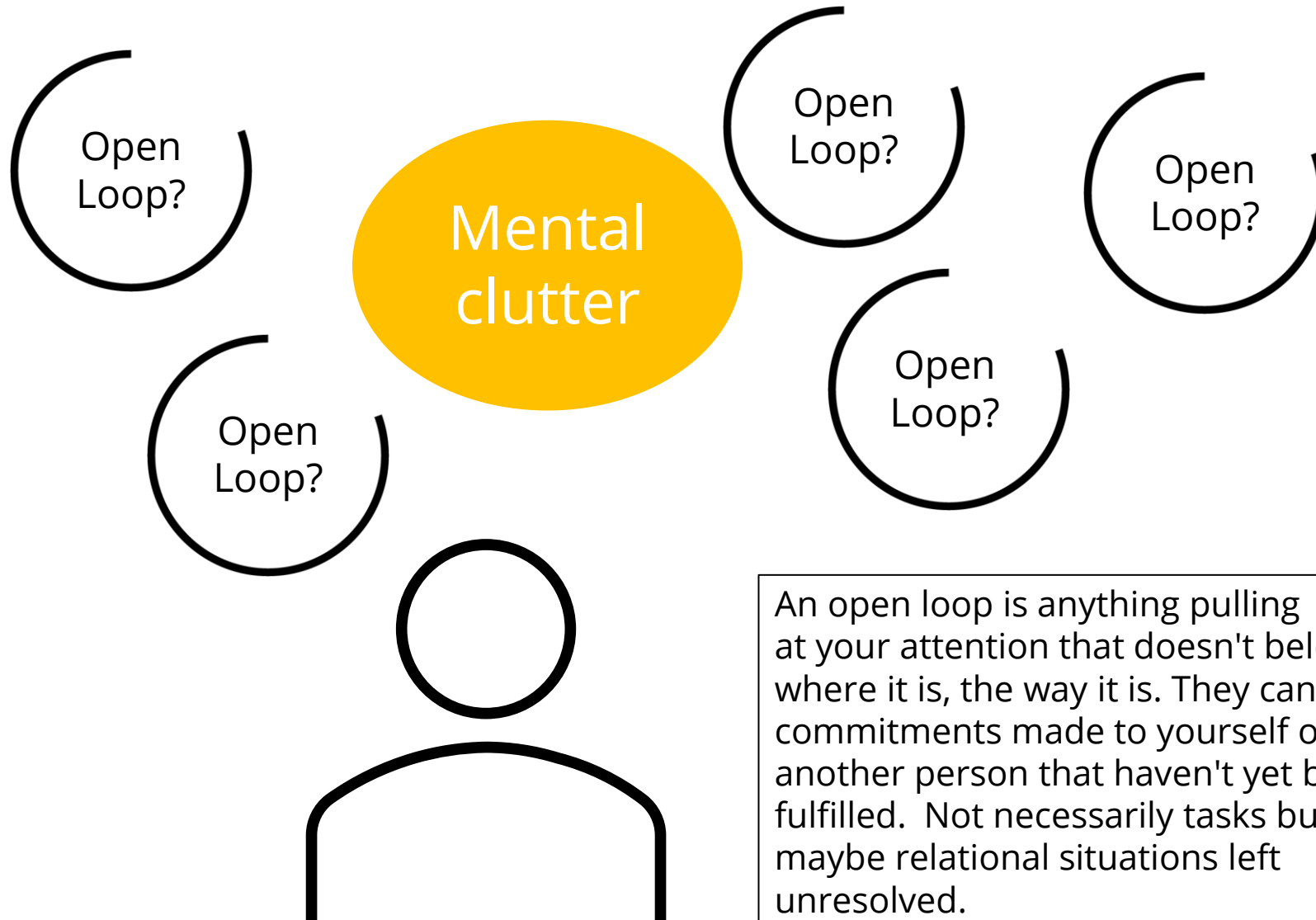
Consider, if you were to successfully reduce your “mental clutter”, what could that do for you?

## 10 WAYS TO DECLUTTER YOUR MIND



- 1 CLEAN UP YOUR PHYSICAL SPACE
- 2 START A JOURNAL
- 3 GET OUTSIDE
- 4 DITCH THE TELEVISION
- 5 GO MINIMALIST
- 6 STOP OVERBOOKING YOURSELF
- 7 TALK IT OUT
- 8 PUT OTHERS FIRST
- 9 EMBRACE YOUR ONE-TRACK MIND
- 10 DO NOTHING AT ALL





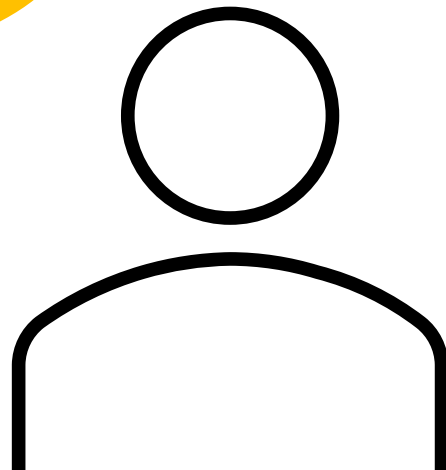
An open loop is anything pulling at your attention that doesn't belong where it is, the way it is. They can be commitments made to yourself or to another person that haven't yet been fulfilled. Not necessarily tasks but maybe relational situations left unresolved.

# Closing open loops

Think on  
paper

Find a  
quick win

Set  
priorities



Task:

Successful Outcome:

Next Action:

# MY BRAIN DUMP LIST



Procrastinations



Fear



Anger



Discouragements



Incomplete goals



Sorrow

OURMINDFULLIFE.COM

## Brain Dump

What's on your mind? Jot it all down here.

www.creativestarts.ie



Do a brain dump

DAILY Brain dump

TODAY:

WRITE

all of your thoughts, feeling, emotions, to-do's. Really anything goes - there are no rules!

glad for time with my  
and to reconnect

doctors appointment

clean the bathrooms

up with daycare lady

get passport  
pictures

make a grocery list

frustrated that I  
didn't make time  
for meditation

call Ashley back

try out new babysitter

overwhelmed

find a time to go to yoga

positively affected by the show

email work

# Mental Health Decluttering:



- Things that make you laugh / smile
- A list of things you're grateful for
- People who lift you up
- Activities / hobbies that are fulfilling
- Spare time to practice self-care
- A list of positive affirmations
- Patience and compassion towards yourself / your journey

- Overuse of social media
- Perfectionism
- Poor sleep routine
- Toxic people / relationships
- Past circumstances that no longer serve you
- Regret
- Guilt
- Shame

to throw away



@RealDepressionProject

