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## ***cluttering harms your brain 14 easy methods to prevent it***

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take a physical or meditation break between units meditate any form of meditation done every day for 5 to 10 minutes will reduce clutter get adequate sleep nutrition and hydration think of

## **clutter and mental health what s the connection verywell mind**

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clutter can increase stress levels make it difficult to focus take a toll on relationships and more this article covers what clutter is clutter s impact on mental health what hoarding is as well as ways you can manage clutter and get organized how to cleanse yourself

## **10 ways to declutter your mind psychology today**

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breathe mama breathe stress 10 ways to declutter your mind 3 do a daily brain dump updated june 12 2023 reviewed by davia sills key points cluttered minds can weigh people down

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we all have clutter in our lives what few realize is how devastating it is to our brains processing ability and how easy it is to control

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giving your brain a quick reboot when you feel stressed or stuck can help clear out the backlog of thoughts in your working memory and leave you with a tidier mental workspace

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if clutter is overwhelming you or you are experiencing anxiety or depression either causing clutter or due to out of control clutter a therapist can help you are not alone there is

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1 do a brain dump for 10 minutes every day 2 categorize your brain dump 3 turn ideas into a to do list the less clutter the sharper your brain why is your mind cluttered

## ***mental clutter 13 ways to reduce and better manage it***

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when you re exhausted hungry worn out or burnt out it s easy to feel like you have brain fog and more mental clutter which makes it hard to focus process or be productive

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1 take a mental inventory before you jump in and start tossing out brain clutter willy nilly you need to take stock of what s actually up there set aside time for introspection and examine your thoughts and recurring mental patterns what worries or stresses loop on repeat in your head

## **5 ways to de clutter your mind and regain your focus**

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5 ways to de clutter your mind and regain your focus by janet choi updated 6 19 2020 after a bustling month of trips out of town work events and family issues i noticed that i had some trouble quieting my buzzing mind my focus was stuck in disco ball mode diffracted into a kaleidoscope of glinting pieces

## **ten ways to declutter your mind and free up mental space**

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mental clutter can include all of the following worrying about the future ruminating about the past keeping a mental to do list complaints and so on fortunately there are strategies and techniques you can use to clean out some space in your head

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it s almost as if your brain has a hundred computer tabs open at the one time but just as you can declutter your home you also have the ability to declutter your thoughts by addressing your brain clutter and reorganising your thoughts you can create a space for clarity and focus

## **15 ways to declutter your mind chopra**

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april 19 2019 clutter doesn t have to be just physical items in your environment a cluttered mind can include ruminating

focusing on the negative worrying about things outside of your control holding onto negative emotions and experiences including resentment past hurt anger and sadness

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clutter can make us feel stressed anxious and depressed research from the united states in 2009 for instance found the levels of the stress hormone cortisol were higher in mothers whose home

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ignoring clutter around you noise distractions often takes the same amount of energy as focusing the unaware distractions in a physical sense think of your desk at work there are usually folders pencils and other nick knacks all around

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here are three steps to declutter your brain so you can focus on your most important task follow through and get stuff done without putting your toddler in the bath half dressed productivity

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similar to what multitasking does to your brain physical clutter overloads your senses making you feel stressed and impairs your ability to think creatively

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1 set priorities famous american poet bill copeland had rightly said the trouble with not having a goal is that you can spend your life running up and down the field and never score

## ***the brain has a waste removal system and scientists are npr***

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the brain needs to flush out waste products to stay healthy and fend off conditions like alzheimer s disease scientists are beginning to understand how the the brain s waste removal system works

## **the power of forgetting six essential skills to clear out**

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mike byster will show you how mastering this extraordinary technique forgetting unnecessary information sifting through brain clutter and focusing on only important nuggets of data will change the quality of your work and life balance forever

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