

# CHAOS TO CALM

## Causes of Clutter

- Refusal to get rid of items
- Sentimental value
- Buildup of random items
- Can't bear to part with something
- "What if I Need this?"
- Unnecessary items
- Holding hold to them for financial issues
- "I can make something from this"
- Keeping it out of guilt
- Buying things you do not need
- Unable to let go
- Stuck in the past with certain items
- It's time to let go of the past

## Clutter Stress

- Shopping habits
- Cluttered work desk
- Stress and clutter work hand in hand
- Unable to focus at work and home
- Clutter in the mind

## Stress and Mental Health

- Stress leads to poor mental health
- Stress is controlled by cortisol
  - Quick breath
  - Quick heart rate
  - Elevated blood pressure
  - Slow digestion
- Stress builds from cluttered spaces
- Brain power focuses more on stress
- Depression
- Anxiety
- Possible substance abuse
- Poor mental health affects everything
  - New physical issues
  - Unable to focus
  - Becoming isolated
  - Changing your inner worth

## Clutter

- Found anywhere
- Triggers stress
- Mess of items
- Chaotic mindset
- Builds up over time
- Junk drawer
- Piles of clothes
- Dishes in the sink
- Hard to clean the house
- Everyone can have a cluttered life
- Leads to sense of losing control
- Huge stress trigger

## Impact of Stress from Clutter

- Difficulty focusing
- Clutter distracts the mind
- Overwhelming
- Procrastination
- Causes you to not work
- Health problems
- Weight problems
- Digestion problems
- Insomnia
- Type 2 diabetes

## Mindfulness

- Not exhausting
- Can become routine
- Good for the mind and body
- Mindfulness gives you self awareness
- Let go of judgement
- Make chaos into calm
- Makes you calmer
- Reduces stress
- Improves mental health
- Improves physical health
- Becomes easier over time
- Don't spiral
- Try not to overthink
- Many things are out of your control
- Don't let the future worry you
- Reflection is important
- Stay organized mentally
- Don't let others stress you

## Things Beyond Your Control

- Loss of control causes stress
- There are certain things we cannot change
- Don't stress about the past
- Past is an easy thing to stress about
- Don't try too hard to control things
- Don't focus on the perspective of others
- Not everyone will like you
- It's okay to be unfilled
- Easy to stress about the future
- Don't swell in the future
- Give the future healthy thoughts
- Give the future positive thoughts
- Only make certain thoughts a priority
- Keep your thoughts calm
- Practice staying in the present
- Don't image bad scenarios
- Not everyone is like you
- Use your uniqueness
- Don't swell on judgement
- Love more
- Take time and make lists
- Stay organized

## Daily Plan for Calm

- Can be done even when busy
  - Start slow
  - Never rush your day
  - Don't rush the morning
  - Be mindful when you wake up
  - Avoid stress in the morning
  - Stay away from the news
  - Get enough sleep
  - End the night well
  - Rest well
- Get away from screens before bed
- Take mental breaks in the day
  - Pause
  - Be mindful
- Recollect yourself and your thoughts
- Practice positive thinking
- Take responsibility for yourself
- Stay confident
- End the day with gratitude

## Practice Mindfulness

- Take a step back from clutter
  - Slow down
  - Start slowly
  - Forgive yourself
  - Get off technology
  - Start with small challenges
  - Grow overtime
  - Have more focus on every activities
  - Avoid resentment
  - Make yourself feel good
  - Take note of your triggers
  - Take deep breaths
  - Notice how you react
  - Rework harmful thoughts
- Pause when you experience negativity
  - Be patient
  - Ground yourself
  - Make it super simple
  - Don't be afraid to feel
  - Practice with each breath
  - Take moments and pause
  - Be aware of all your senses
  - Check in with your body
  - Organize your mental filing cabinet
  - Journal to vent and dump thoughts
  - Look back on what you wrote
  - Make your thoughts a priority
  - Don't ignore your feelings
  - Focus more on current thoughts
  - Sort through your thoughts
  - Have a visual representation
  - Break down complicated thoughts
  - Make separate thoughts
  - Reflect on the day

# **CHAOS TO CALM**

## **1. Clutter**

- 1.1. Found anywhere
- 1.2. Triggers stress
- 1.3. Mess of items
- 1.4. Chaotic mindset
- 1.5. Builds up over time
- 1.6. Junk drawer
- 1.7. Piles of clothes
- 1.8. Dishes in the sink
- 1.9. Hard to clean the house
- 1.10. Everyone can have a cluttered life
- 1.11. Leads to sense of losing control
- 1.12. Huge stress trigger

## **2. Impact of Stress from Clutter**

- 2.1. Difficulty focusing
- 2.2. Clutter distracts the mind
- 2.3. Overwhelming
- 2.4. Procrastination
- 2.5. Causes you to not work
- 2.6. Health problems
- 2.7. Weight problems
- 2.8. Digestion problems
- 2.9. Insomnia
- 2.10. Type 2 diabetes

### **3. Mindfulness**

- 3.1. Not exhausting
- 3.2. Can become routine
- 3.3. Good for the mind and body
- 3.4. Mindfulness gives you self awareness
- 3.5. Let go of judgement
- 3.6. Make chaos into calm
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- 3.10. Improves physical health
- 3.11. Becomes easier over time
- 3.12. Don't spiral
- 3.13. Try not to overthink
- 3.14. Many things are out of your control
- 3.15. Don't let the future worry you
- 3.16. Reflection is important
- 3.17. Stay organized mentally
- 3.18. Don't let others stress you

### **4. Things Beyond Your Control**

- 4.1. Loss of control causes stress
- 4.2. There are certain things we cannot change
- 4.3. Don't stress about the past
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- 4.21. Take time and make lists
- 4.22. Stay organized

## **5. Daily Plan for Calm**

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## **6. Practice Mindfulness**

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- 6.6. Start with small challenges
- 6.7. Grow overtime
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- 6.24. Organize your mental filing cabinet
- 6.25. Journal to vent and dump thoughts
- 6.26. Look back on what you wrote
- 6.27. Make your thoughts a priority
- 6.28. Don't ignore your feelings
- 6.29. Focus more on current thoughts
- 6.30. Sort through your thoughts
- 6.31. Have a visual representation
- 6.32. Break down complicated thoughts
- 6.33. Make separate thoughts
- 6.34. Reflect on the day

## **7. Stress and Mental Health**

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## **8. Clutter Stress**

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## **9. Causes of Clutter**

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