

# CHAOS TO CALM

## CHECKLIST



***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

***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

***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

***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

### ***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 unliked
- ☐ Easy to stress about the future
- ☐ Don't dwell 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 imagine bad scenarios
- ☐ Not everyone is like you
- ☐ Use your uniqueness
- ☐ Don't dwell 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

