

6 Ways to Declutter Your Mind

Do most mornings start like this for you?

There is a rush of things to do that your mind is already worried about as your alarm wakes you.

Is it 5:45 already?

Need to get the kids ready for school.

Need to get that paperwork filled out.

Oh! ...need to call the insurance company -- oh no, did I forget to charge my phone last night? I have to take a conference call today on my way to work!

And away you go, frantically searching for the car charger you never use. Your thoughts sweep you into action and you are off.

As we go about our days, it can be easy to fall victim to our line of thoughts. With our lives becoming busier and busier, it is important for us to live in a present, focused state so every task or project completed is done with the highest presence and attention from ourselves.

When your mind is cluttered with negativity or stress, you can use these 6 ways to help you ground back into a calm state:

1. **Forgive others.**

Yes, I know, "MUCH easier said than done". This can only be done after going through the process of acceptance for life as it is. Accepting the past, and present.

Accepting others for who they are and not judging, as we are all doing the best we can given our genetic make up, past experiences and current situation.

Now, when we accept, we are not resigning. We still may be on a journey of transformation, and motivated to reach a goal, we are just removing the mental obstacles that sit there and tell us "You can't do this", or that plant the seeds of negativity towards an external phenomenon.

2. **Forgive yourself.**

I know, this is another "easier said than done" phrase. This will happen once you have accepted yourself and others; this is a constant practice, no matter how much awareness and spiritual connectedness you have practiced.

This may take time. It may be a weekend, a month, or years. If you

struggle with this consistently, do not do it alone!

Check out [Sharing Mindfulness](#) and [Insight LA](#) for excellent guided meditations that can help you begin to develop self-compassion.

3. Stay in the present moment.

If you find yourself caught up in the rush of the day, pause and take a few deep breaths. Let yourself become fully engaged in the present activity or moment.

I know how frustrating this can be to slow down! Do not resign, as you can still certainly put your efforts and energy towards accomplishing our goals and your purpose (note, not asking you to stop). When you slow down and allow the clutter to die down, we are allowing for a new path to develop, we are allowing for growth and opportunity to arise out of challenges and unwanted experiences.

4. Act out of love, not fear.

Have you ever had an argument with your loved one, or a co-worker, and thought, "Wow, where did all this tension and negativity come from? Why didn't I handle myself better?" or "I can't believe I said that, that was really hurtful!"

Often, when we are hurt or our security is threatened in some way, our "fight or flight" response will get activated. Yes, the old caveman response to danger, such as being attacked by a large animal.

Getting upset or angry is 100% okay, just take a step back before you *react* to these feelings. If what you want to do or say is coming from a place of anger or love, pause and journal it out. This will help you filter through your thoughts and *act* from a place of love when you are ready (no one wants you to be superhuman!).

5. Meditate.

Practicing an act of stillness and or even just a few minutes of breathing can make a difference in how you approach the hustle of your day.

Allowing your body to sit in stillness helps you slow down your mind and body. This will allow you to approach situations with a clear mind, and declutter the stressful thoughts during overwhelming moments.

6. Write it out.

If you are overwhelmed with thoughts and to do lists, write things down. This way, you do not have to use your brain as storage and have "one more thing" cluttering up your headspace!

Whether it is making a list, using a calendar or a sticky note, write things down so you do not have to hold onto "remembering everything". This will help clear agitation and will *allow* you to be present. because you remain in the moment in front of you - rather than.

Our bodies depend on our minds to support us throughout the day, feeding us with positive thoughts to make us more resilient to the unexpected curve balls that life throws us (because life *will* throw you curveballs).

Our heads - the place where our thoughts live - is largely up to us to choose what we fill it with.

When we strengthen our minds, we develop resiliency to life's events and happenings.

A de-cluttered mind makes it a lot easier to have mornings, that while busy and much going on, where you go into your day grounded and ease-filled.

I'd love to hear from you: what kind of things take up room in your mind? What do you find yourself struggling with most when you try to declutter it?