

CHAOS TO CALM

Practical Strategies To Go From a Life of Clutter
and Stress to Calm and Confident



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Table of Contents

Introduction	6
What is Clutter: Identifying What Triggers Your Stress	8
The Impact of the Stress from Clutter	10
What Causes Stress and Clutter in Your Life?	13
Sentimental Value	13
“But What If I Need This?”	14
Gift Guilt	15
Buying Things You Don’t Actually Need	15
What Causes the Stress in Your Life?	16
Stress and Mental Health: What You Need to Know	19
Stress on the Body	19
Stress on the Mind	21
Stress From Clutter Will Make It Harder to Clean	23
An Introduction to Mindfulness	25
What is Mindfulness?	25
What Does Mindfulness Do for Mental Health?	26
How to Practice Mindfulness Daily	29
Slow Down	29
Engage In Your Everyday Activities with More Focus	30
Take Note of Your Triggers	32
Rework Harmful Thoughts	33
Ground Yourself	35
Pause and Feel	37

CHAOS TO CALM

Tips For Daily Mindfulness	38
How to Organize Your Mental Filing Cabinet	41
Journal to Dump Out Your Thoughts	41
See What You Wrote	42
Prioritize the Thoughts You See	43
Break Down Complicated Thoughts	45
Reflect	46
The Things Beyond Your Control (And Why You Shouldn't Stress)	49
The Past	49
Change	50
Other's Perspective of You	50
The Future	51
Remember Thought Priorities	52
Your Daily Plan for Staying Calm and Confident (Even on Busy Days)	54
Start Slow	54
Get Enough Sleep	55
Take Mental Breaks	55
Practice Positive Thinking	56
Take Responsibility	57
End Your Day with Gratitude	57
Make the Best Plan for You	58
Conclusion	61

A stack of smooth, dark stones is balanced on a beach at sunset. The stones are stacked vertically, with the top stone being the smallest and the bottom one the largest. The beach is dark and wet, reflecting the golden light of the setting sun. The ocean is visible in the background, and the sky is a mix of blue and orange. The word "Introduction" is written in white, sans-serif font over a semi-transparent dark rectangular box in the upper center of the image.

Introduction


Introduction

Time and time again, others have tried to say that when your space is cluttered, so is your mind. However, that can also go the other way. As your mind becomes cluttered with things to do, meetings to go to, and all the stresses you experience, your space will become cluttered as a result.

A cluttered workspace may say that you are in the middle of a project and need lots of information present at once. However, this same workspace will stress out your mind and hurt your work performance.

Clutter creates a negative impact and our lives. The clutter in the world around us indicates lots of clutter in the mind. When you experience stress and anxiety for long periods of time, take a look around you. Are you seeing clutter that matches the state of your mind?

The first step to bringing your chaotic world down to a calm one is to recognize the clutter around you. Knowing both the physical clutter and the clutter of your mind will let you know what you need to clean to bring you back to peace.

A person is sitting on a concrete pier, looking out at the ocean during sunset. The person is wearing a dark t-shirt and shorts. The sky is a mix of orange and blue, and the water is calm with some ripples. The text is overlaid on a dark rectangular background in the upper half of the image.

What Is Clutter: Identifying What Triggers Your

Premium Content



Chaos To Calm

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Preview



See a **Preview** of this product.

See a **Preview** of this product.

Constant stress and clutter, it's impossible to have a calm life. Mental health and relationships will also suffer. If you want to have a clutter free life, you should learn to be more appreciative and mindful of the things you have.

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