

# CLEAR *the* CLUTTER

## **GME Wellness Sub-Committee Newsbyte**

### **Clear the Clutter**

We often talk about cleaning our homes, but what about our minds? During this time of the year we start talking about “spring cleaning” our homes or offices, but the behaviors of removing dust and throwing things out can also clear our minds. Getting a fresh start in your environment can rejuvenate your emotional health.

Ever surprised at how quickly that desk can become messy after you just organized a week ago? Visual clutter can impact our ability to be motivated, creative, or energized. If the environment is chaotic, presence in chaos will impact your mind. Our minds are full of to do lists, schedules, and all kinds of “clutter.” If we only clean our homes and not our minds how can we expect ourselves to be well? Mindfulness at its core is a simple practice of presence in the moment and of the mind. Spring cleaning can be a wonderful form to practice mindfulness, being fully present with even the simplest of tasks. Time to remove the junk from our homes and our minds.

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