

CLEAR YOUR SPACE – *Free Your Mind!*



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Without a doubt, this year has presented more than just the usual seasonal blues associated with shorter days and colder temperatures. The pandemic has put an extra layer of stress on both our bodies and minds and pressures rise as quickly as expectations, putting our negative thinking into overdrive. As a result, we experience increased anxiety and we begin craving the peace which seems to be forever elusive. **Rest assured, you're not alone!**

If you want to clear your mind, begin with your space! Chaos on the outside, quickly translates into chaos on the inside. Our brains are continually taking in a myriad of information from all of our senses; what we see, touch, hear, taste and smell. We underestimate the overload our brains are experiencing in each moment. When we look at our desk filled with stacks of bills, reports and to-do lists, our brains automatically begin storing all that we are absorbing through our senses. When the space in our brain begins hitting maximum capacity, stress and anxiety are created. Organizing

our surroundings will not only free up physical space, it will free up neurological space by limiting the amount of information our brain is forced to take in. This naturally begins the process of generating a sense of calm both in and around you.

Clearing your space also allows energy to flow freely. Clutter inhibits the natural flow of energy, resulting in our own energy being stagnated and depleted. There is something very cathartic about cleansing the “stuff” out of our lives and taking control of how we choose to live each day. Organizing and embracing a more minimalist lifestyle makes room for goodness to flow within us and around us, allowing our minds to become uncluttered and setting a more peaceful stage for calm and wellness.

Spring cleaning will not only make your space look better, it will make you feel better! It's always about taking small, but steady steps forward by making small, yet powerful changes each day. Don't get overwhelmed, just keep taking that right next step...**it simply begins with you!**

