

# CHAOS TO CALM

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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

