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# Declutter Your Mind How To Stop Worrying Relieve Anxiety And Eliminate Negative Thinking

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## **Declutter Your Mind How To**

As we transition into the season of spring, we are preparing for a new way of living, breathing, and feeling. Sure, we've endured a pandemic, given the toilet paper and hand sanitizer industries ...

## **The Ultimate Guide To Springifying Your Life**

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For true peace of mind, you need to get your mental, emotional and spiritual clutter under control too. Interested in hearing more? Check out Thomas's TEDx talk in full. Inc. helps entrepreneurs ...

## **The 5 Types of Clutter That Are Destroying Your Peace of Mind**

Rohini Rajagopalan, professional organiser and founder of Organise With Ease on how to embrace minimalistic living during the lockdown.

## **How to clear clutter in lockdown? Rohini Rajagopalan of Organise with Ease gives you tips**

You're not alone if you took on a decluttering project this year — even the pros themselves took the same opportunity to reassess. Here's what they learned.

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## **6 New Decluttering Tips These Pro Organizers Learned During the Pandemic**

According to Kross, there are three main ways we can turn down the chatter in our heads: shifting our perspective so we're not so immersed in our problems, talking with others to get support, and ...

### **Calm a Distressed Mind by Changing Your Environment**

Trying to practice inbox zero for your email? Bring that clean mindset to your Facebook Messenger, too. Easily get rid of message bloat with an archive feature that removes messages from your main ...

### **Kill Facebook Messenger clutter without deleting your message history**

One of your neighbors posted in Health & Fitness. Click through to read what they have to say. (The views expressed in this post

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are the author's own.)...

## **How Cleaning Your Physical Space Improves Mental Health**

But even with closets several times the size of what our parents got by on, we inevitably run out of space and come to realize that it's time to get rid of that shirt or blouse you haven't touched in ...

## **The circular way of decluttering our closets**

Many of us have seen clutter build up as we struggle to find a work-life balance in our homes. We ask experts for tips on the best ways to organise ...

## **Expert tips on how decluttering your home office can make you more productive at work**

After becoming stressed by the amount of things his family

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owned, Jason O'Callaghan, 48, stripped back Eighteen months ago, my morning routine could be described as 'one mad panic'. My wife Carina and ...

### **'I threw out 95% of my possessions after getting stressed by clutter - here's what happened next'**

Author Emma Gleeson says decluttering your home without looking at how you shop is "like going on a crash diet" ...

### **Book interview: Decluttering is not about clearing out but how we shop**

Oh, hello, what's this? It was a crusty old work glove all by it's lonesome. I picked it up cautiously and we all heard a "CLINK!" We peered into the box. And then there were squeals of delight. The ...

### **What's Buried in YOUR Clutter?**

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Home décor doesn't only make our home look good, but it also improves our minds. A well-decorated and clutter-less house makes you feel happy, ...

### **7 Expert ways your home décor can be a part of selfcare**

There are likely things in every room of your house that cause you stress. We asked therapists about the most common household stressors and found four key culprits in basements, like unfinished ...

### **Therapists share 4 things in your basement that could be causing you stress - and how to handle them**

It doesn't matter what dialect you're writing in — it could be English, isiZulu or Afrikaans — there's always a simpler and better way to express yourself. media update Nakedi Phala reveals why ...

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### **How to use simple language to amplify your writing**

Measures like deep cleaning, decluttering and conducting routine maintenance may seem small, but they can help you to get more potential buyers — and more money — for your house.

### **6 things to do before you list your house for sale**

Folks, Mother's Day is officially here. You know what that means: Time to find a unique Mother's Day gift so you're not the husband, son or daughter that scrambles last minute to ...

### **27 Unique Mother's Day Gifts - What To Get Your Mom This Year (2021)**

Does your iPhone 12 or iPhone 12 Pro overheat unexpectedly? If yes, try out these 10 pro tips to fix iPhone 12 overheating issues in 2021.



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