

Spring Cleaning for Your Well-Being!

Decluttering the different spaces in our lives can help us be more focused, less anxious, sleep better, and give us a fresh start!

Living Space

Make your bedroom your sanctuary! Clutter in your environment competes for your attention, resulting in decreased performance, increased stress, and poor sleep.

- **Clean out** your closet and donate items you no longer wear.
- **Pick up** strewn about clothing.
- **Organize your books** and desk in a way that works for you.
- Add something that brings **life or color** to your space (art, photo, plant, etc.)



Digital Space

Our online world can be just as messy as our physical world. Taking time to clear out our phones and computer can save us time and frustration in the future.

- **Sort through email** and delete the ones you no longer need. Address the high priority ones, and file the rest.
- **Clean up your desktop too!** Delete unused icons & files you no longer need, drag other ones to a labeled folder ("2018", etc.).
- Go through your **phone** and **delete apps** that you don't use. Free up memory and time for things that you find meaningful.
- Take a **social media break!** Disconnect for a few hours, or a few days. Try to be more intentional with how you spend your time.



Schedule

Saying "yes" to everything can lead to burn-out and resentment. Giving yourself time to prioritize and plan what's truly important to you can ease stress and worry.

- Schedule **classes, due dates, exams and prep time** so you know exactly what is coming up for you.
- Schedule **YOU** time in your planner (gym, meals, friends, etc.). Treat it like a commitment you can't miss!
- As you receive additional requests, **check-in with yourself** to make sure the commitments you make align with your priorities for your time and energy. **Sometimes saying "no" is saying "yes" to yourself!**



Mind Space

Clutter weighs us down and unhelpful mindsets can be just as burdensome. Letting go of thoughts can be hard – instead, try replacing them with these helpful techniques.

- **Notice & replace** your inner critic. Bring awareness to harsh thoughts and try to replace it with something that is more true and kinder.
- **Practice gratitude.** Instead of focusing on all the things you wish you had more of, notice all that you do have. Try writing down 3 things every day!
- **Acknowledge & Savor.** Give yourself permission to be proud of your accomplishments and allow yourself to share those moments with others.



The Stall Street Journal
The Student Wellness Center
3rd Floor Robo | 603.646.9414

