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

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The next step to declutter your mind is to start practising mindfulness. Mindfulness is defined as “ a technique in which one focuses one’s full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them ” ( source ) and one of the most popular ways to practice mindfulness is meditation.  
7 Tips to Declutter Your Mind - Simply + Fiercely  
Let's take a look at some simple actions you can take to declutter your mind, your relationships, and your life.  
1. Focused Deep Breathing. A change in breathing is often the first sign that our thoughts are overwhelming and stressful. When we feel anxious, depressed, rushed, or upset, we may experience rapid breathing or shortness of breath.  
Declutter Your Mind (8 ways to reduce overthinking and ...  
Step away from the Netflix binge watching, watch less TV, and you'll notice your mind begin to quieten. Decide what information is relevant to you and disregard everything else.  
8. Simplify routine tasks. Small routine tasks can occupy your mind. Declutter your mind by having an automatic routine for daily mundane tasks.

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Give your brain some space by freeing it up regularly. Be willing to let go and not react to every little idea or thought you have, and make time in your schedule to get rid of whatever’s cluttering up your mind.

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One of the best ways to help you

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A good step-by step guidance of how to declutter your mind broken into four sections: your thoughts, life obligations, relationships and surroundings. The way the authors interact is precise. It actually reminds me of school notes when you write all the key points to prepare for the exam. Inspires, yet saves time.

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