LARIMER COUNTY

AUGUST 2019

your HEALTHUPDATE

Declutter Your Mind

TAKE TIME *to clear your mind*

A clear mind can improve your mental health and tap into your creativity for better problem solving. These easy steps can help you to declutter your mind:

PRACTICE SELF-CARE

Take 15 minutes to listen to your favorite music, go on a walk, practice yoga, or simply stretch. Engaging in small moments that benefit your wellbeing can help refresh and clear your mind.

CREATE A MINIMALIST SPACE

Clear your home and work space. A cluttered space can leave you feeling fatigued or overwhelmed. By simplifying the decor and creating more physical space, you relieve stress and declutter your mind.

MINIMIZE SCREEN TIME

Decreasing time on social media channels can help relieve stress, anxiety, and help you sleep better. Try replacing some screen time with more mentally replenishing activities like reading, journaling, or preparing a meal with family.

WRITE IT DOWN

Journaling, list-making, or brainstorming on paper is a tried and true stress reliever and can help unburden your mind. The act of writing on paper can also allow you to prioritize and complete single tasks more efficiently.

Looking to clear your mind? Check out these apps* that promote mindfulness:
CALM www.calm.com | HEADSPACE www.headspace.com

*Fees may apply for premium options.

Physical health Emotional health Social health