

Chaotic Times

Organised Chaos Newsletter

"Helping you to
clear clutter and
feel -

Better!"

Issue 14 - April 2010
'Spring Clean your Mind'

Dear Friends of Organised Chaos

Welcome to the April edition of **Chaotic Times**!

The theme for this month is 'Spring Cleaning' - for the mind. Some of you might be wondering how this concept works.

Well, imagine taking a broom into your mind and sweeping away all the cobwebs and mental clutter that has accumulated over the years. Afterwards your mind would be a bright fresh place with neatly organised thoughts. If you were really thorough it would also become a stress-free zone. Who wouldn't want that for their mind?



If you're the kind of person whose mind is constantly on the go and who finds it difficult to relax then you probably haven't de-cluttered your mind recently!

Time now for a shocking revelation . . .

You may not realise it, but in order to spring clean your mind you first have to look at your surroundings. If your home or office is untidy and cluttered, then I'm afraid your mind will be busy trying to process this overload of information. No wonder you feel stressed.

So, it's a bit of a case of chicken and egg. Cluttered minds produce a cluttered environment, a cluttered environment produces a cluttered mind. If you're not convinced of the connection, have a look at the testimonials on my website. Here you will find references to how de-cluttering has helped clients feel much better in themselves.

I'm very fortunate this month to have a **guest columnist** who can help us all in the quest to spring clean our minds. **Jackie Hart** is a Personal Development Coach and NLP Practitioner.

Overleaf **Jackie** provides some valuable hints and tips, to help *you* de-clutter *your* mind.





Do you visit a friend or relative and feel yourself relax as soon as you enter their house?

Is their house tidy and organised?

Have you ever come home from a weekend away or a holiday and felt the energy drain out of you and your stress levels rise as you enter your untidy house?

Studies in the United States have shown that excessive clutter in your environment creates brain activity that impairs processes such as decision making. A tidy, organised environment will result in a clear, focused mind.



So, with the sun making a re-appearance and spring obviously on it's way, what could you do with those boosted energy levels to change your environment?

Identify the one area of your house that has the most negative impact on you.

Write down the answers to these questions using positive words:

- ◆ How do you want it to look?
- ◆ How will you feel when it looks like that?
- ◆ What steps do you need to take to make it look like that?
- ◆ Whose help will you need? e.g. Organised Chaos
- ◆ When it will look like that by?
- ◆ How you are going to reward yourself when it looks the way you want?

If the task is a big one, break it down into smaller stages, with a timescale and reward for each.

Keep yourself motivated by focusing on the positive:

- ♦ Write down 3 good things that have happened at the end of each day
- ♦ Play music that makes you feel good when doing a task you don't like
- ♦ Take a negative thought and change it to a positive one –
'I don't want to do this' to
'I'll feel really good when I've finished this'

Remember – A journey of a thousand miles begins with a single step

Lao-tzu (604BC – 531BC)

For more information on my workshops and services:

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Well, I hope that Jackie's words have given you a different perspective on tackling your clutter - let me know how you get on!

Best regards,

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