

Declutter Your Life 101

Coping with Trauma
Through a
Decluttering Journey



Declutter Your Life 101

Coping with Trauma Through a Decluttering Journey

Declutter Your Stress

Reduce your stress so that you can, manage better life stressful event, increase your quality of life, move toward your recovery

Declutter Your Mind

Understand how the mind works so that you can take back control over your life

Declutter Your Space

Decide what is your next step in your decluttering journey so that you feel better

Declutter Your Time

Use time to save energy, as well as grow the positive values. and grow the positivity, the inner strength to survive, heal, and live,

Source: DO Well

Declutter Your Stress



LACK OF STRATEGY

You know what is worse than high-cholesterol foods or cigarettes for heart disease and cancer? Unmanaged stress reactions. Knowing that, you need to start being aware and observing your reactions.

Any stressed living cell that we know of is designed to go back to homeostasis expeditiously. Therefore, our organisms follow the same rule and naturally want to relieve stress and return to a calm state.

One of the issues in our stress management is that many do not benefit from education on stress relief techniques. The body has three typical instinctive reactions to stress and external danger, which have allowed humans to survive through time. These are fight-flight-freeze responses. The fight is going against the danger, the flight is leaving the situation, and the freeze is passing out or disconnecting our mind from our body. As the danger disappears, the body returns naturally to homeostasis.

With all the stresses we are facing in our society and adding the lack of stress management techniques, the subconscious will then suppress the body's innate capacity to surrender stress. Individuals then develop anxious looping thoughts about either the future or the past.



Declutter Your Stress

A-B-C GUIDELINES TO GET STARTED

A

Actual stress signal identification:

- accelerated and shallow breath
- cardiovascular pulsation is throbbing, heavier, and faster than usual
- the troubled state of mind or anxious looping thoughts
- overwhelmed or unmanageable emotions

B

Be brave and say out loud:

"I am stressed and need to relieve it"

C

Calm and control yourself:

We suggest you do a simple and subtle disengaging technique. Remember how the sense of touch is directly connected to your emotions, thoughts, and behaviors?

You will now touch the tightness that you observe to connect to it. While touching, slow down your breathing for a couple of minutes. At every breath, you will use auto-suggestion, by telling yourself: "I am calm and in control of myself."

Declutter Your Mind



BE READY TO COMMIT

In order to achieve the success of decluttering your life, which can be a tremendous undertaking, one must be ready and believe it is possible.

When people suffer from a traumatic event, they often develop a defense mechanism to block trust, increase skepticism, and remove some of their beliefs. To overcome these obstacles, we have discovered that a person must learn to believe in something: Another close person, a professional, a book, or a method.

We humans have about 51,000 thoughts daily. You have the choice to control what these thoughts are or to let them control you. There are many techniques that can help control our thoughts, like visualization, imprinting, and affirmations.

Affirmations are your positive statements, declaring and asserting that something is real. They are words that you proclaim to be REAL. In reality, it makes your subconscious thoughts conscious. Affirmations make you grounded with your thoughts. Positive affirmations are simply self-talk. They may in reality switch your thoughts, to those more powerful positive thoughts.

Declutter Your Mind



A-B-C GUIDELINES TO GET STARTED

A

Achieve your dreams. Avoid negative people, things, and places. Eleanor Roosevelt once said, “The future belongs to those who believe in the beauty of their dreams.”

B

Believe in yourself, and in what you can do.

C

Consider things on every angle and aspect. Motivation comes from determination. To have an understanding of life, you should feel the sun from both sides.

D

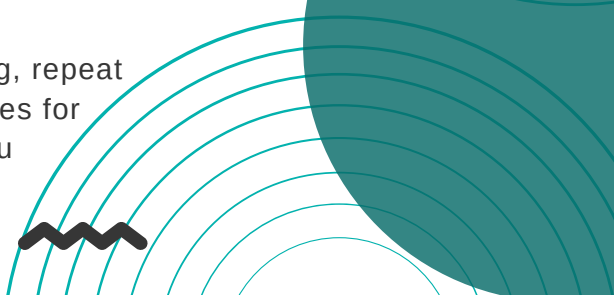
Determine five affirmations.

Here are affirmations you may start with:

- I am a success in all that I do.
- I feel pleased, I feel healthy, I feel fantastic.
- My mind is clear, centered, and energized.
- I am glowing of radiant health.
- I am grateful for being alive and for my dear ones.

E

Every morning and evening, repeat each affirmation seven times for 90 days. After 30 days, you will notice some changes.



Declutter Your Space



RELATION TRAUMA—CLUTTER

The severity of compulsive buying or accumulation of free items and clutter are significant among those who have experienced a traumatic life event. And those individuals present higher emotional attachment, responsibility, and control in regard to their goods.

The danger here is that clutter has a high likelihood of damaging their social life, hindering daily activities, and presenting health and safety risks.

Clutter burdens your brain, whether it be at home or at work. An overabundance of material will diminish your capacity to concentrate and to deliver constant attention, thus growing your stress and deteriorating your performance level.

Your brain itself is cluttered with all the matter that doesn't matter.

Declutter Your Space



TO BE OR NOT TO BE ORGANIZED —THAT IS THE QUESTION

Awareness

Just looking at a normal day, as all the mail gets delivered, it takes a minute to sort your mail. Otherwise, it would pile up. Remember that whatever is not put in its place will only pile up and make clutter.


Build systems

The keys to being organized and clutter-free are to establish a system where everything has its place and to put things away when you are done with them. It really only takes a moment, but if you do not, it can take hours to sort out when it gets out of control.

Continuous actions

Establish new systems and practice some decluttering daily. You only need a 30 minutes daily to completely change your environment.

Your well-organized home provides a harmonic and efficient environment. The peace and harmony impact everything you do and make you feel better. It will bring in new meaning and purpose. Let's declutter, put everything in order, and feel like a million dollars!



Declutter Your Time



WHERE IS MY 25TH HOUR?

Time is not a renewable, nor a tangible, resource. But it is a constraint on all of us living in our society. However, time is a perspective. Many tiny steps in the same direction over a long period of time will achieve great results, known as the compound effect.

The perception of the step size and value must then be shifted to see the big picture — they are all adding toward your goal.

Now, use time to also save energy, as well as grow the positive values. With the right amount of good actions and things at different times, wonders can happen. Using this principle will compound and grow the positivity, the inner strength to survive, heal, and live, as well as helping to get to a goal quicker.

“Busyness is the avoidance of living.”

—Valérie Huard and
Jean-Michel Tétreault



Declutter Your Time

HOW DO YOU USE YOUR TIME?

Acknowledgement

We recommend you to observe your time and collect two full weeks of data, including sleep, hygiene, child care, chores, activities, you probably get it by now. One easy representation of your time is to complete the worksheet that you can download from this link:

Build your new life

We believe in a balance of the different spheres in your life (i.e., family, spiritual, social, work, learning, and physical).

By creating a schedule, you don't just get your day organized, but you also save time. This has a great effect in achieving your set goals. Many people see a schedule as a constraint. A carefully crafted schedule is, in fact, you taking charge and controlling your life and your future.

Tell us about your journey at
info@dowell-ht.com



If you want to improve your quality of life...

START "DECLUTTER YOUR LIFE" TODAY!

That 1st step will allow you to:

- Understand how the mind works so that you can **take back control over your life**
- Select your goals so that you can **align your life with your inner desires** and thrive
- Practice multiple techniques to clear your mind so that you **develop peace of mind**
- Decide what is your next step in your decluttering journey so that **you feel better**

Get more info at
tiny.ie/declutteryourlife

