

DEJUNK YOUR MIND

By now most of you must have emptied your inboxes, organized your shelves and put your house in order. We mostly focus on cleaning and organizing things outside ourselves. But seldom do we think of decluttering our mind.

Just as we regularly dispose of garbage to keep our home clean and sickness free, we also have to get rid of stinky thoughts to maintain mental hygiene for the well-being of our loved ones and for our own sanity.

Today, your task is to get rid of use-less, irrational, unhealthy and unhelpful thoughts.

Grab a pen and paper. Write down thoughts that make you feel insecure, paranoid, create anxiety, jealousy, anger or hatred.



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Now take that paper and tear it into small bits and pieces. Dump them in the garbage bin because that is where those thoughts belong.

If the unhelpful thoughts pop up in your mind again, challenge them with facts. Don't let your feelings and assumptions of the facts dissuade you.

Practice the 'thought stopping*' technique. Issue the command "stop" when you experience unhealthy thoughts.

Reduce the use of "what if" in your language especially if it increases your anxiety. Instead focus on the present.



Practice speaking positive self-affirmations – “I am more than enough” “I will get through this”, “This problem helps me grow”, “My life is beautiful” and so on. When you repeat positive affirmations like you really mean it, the unhealthy thoughts become weak and wither away.

Keep yourself engaged in creative and useful activities. Mental weeds are more likely to grow when the mind and body are idle.

Your life is your garden, your thoughts are your seeds. If your life isn't awesome, you've been watering the weeds.

Time for deep cleaning of the mind.

Make your day joyful



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