



Spring Clean your Mental Health

How to declutter your mind

There are many ways that you can clear your mind. Research shows that meditation and mindfulness skills are a great start to help reduce stress and anxiety by gearing your focus inward instead of becoming over-stimulated with the distractions from the outside world!



↑
10 Tips to
"Declutter your
mind"

benefits of decluttering your space

- increases confidence
- you feel efficient
- you feel accomplished
- reduces anxiety

benefits of clearing your mind

- helps you find focus
- reduces anxiety and stress
- improves sleep
- improves creativity

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