

Spring Cleaning for the Mind

Airing out your inner space can go a long way toward supporting mental health treatment. Use the following checklist with tips on how to remove unhelpful mental clutter and invite positive changes into your life.

Break Bad Habits

- ✓ Tackle one habit at a time.
- ✓ Decide on a clear and unshakeable end goal.
- ✓ Break it down into incremental steps.
- ✓ Choose a start date.
- ✓ Enlist the help of your support network.
- ✓ Discover your triggers and develop strategies for defusing them.

Eliminate Negative Thoughts and Speech

- ✓ Cultivate positive and empowering beliefs.
- ✓ Take responsibility for what happens to you rather than blaming others.
- ✓ Approach problems as opportunities.
- ✓ Take positive action whenever negative thoughts enter your mind.
- ✓ Reflect on why a particular person or problem is bothering you.
- ✓ Avoid attaching stories to people or experiences.
- ✓ Give yourself a time limit for venting.

Clear Your Physical Space

- ✓ Make a list of areas in your home, and start with the easiest.
- ✓ For each item, ask yourself:
 - Do I like it?
 - Do I use it?
 - How much hassle does it cause?
 - Why am I keeping it?
 - How does it make me feel?
- ✓ Give away one item each day.
- ✓ Create a “maybe” box for items you’re not sure about.
- ✓ Every six months, get rid of any unused items in your “maybe” box.

Cultivate Gratitude

- ✓ Make a list of things you’re grateful for—however small.
- ✓ Take time to appreciate simple pleasures.
- ✓ Write in a gratitude journal.
- ✓ Begin and end each day with a moment of gratitude.
- ✓ Express your gratitude to the people in your life.

Develop Positive Friendships

- ✓ Commit to spending quality time together.
- ✓ Listen to each other’s viewpoint without judgment.
- ✓ Offer encouragement and compliment each other’s strengths.
- ✓ Promote each other’s freedom without possessiveness.
- ✓ Forgive each other’s faults.
- ✓ Remain sensitive to each other’s needs.

Practicing Mindfulness

- ✓ Accept how you feel right now, rather than denying or striving to change it.
- ✓ Bring a feeling of warm compassion to your momentary experience.
- ✓ Let experiences pass without trying to hold on or push them away.
- ✓ Observe what you’re experiencing without judging it as good or bad.
- ✓ Improve your capacity for patience.

A mental spring cleaning can be the first step toward deeper healing. To learn more about mental health services, contact Lifeline Connections at one of our three locations in Vancouver, WA.