PEOPLE INCORPORATED
MENTAL HEALTH SERVICES

SBMH Newsletter

SCHOOL-BASED MENTAL HEALTH

APRIL 2022

Spring Cleaning: Clearing the Clutter

Spring is finally here (or maybe our Minnesota false Spring?), and with it comes the ability to open our windows and clear out our clutter from the year. Spring cleaning may mean donating or discarding items and physically cleaning spaces, but it can also mean letting go and making changes to get rid of mental clutter. This month we challenge you to explore ways to clear mental, physical, and digital clutter.

The Myth of Multitasking

As we survey our physical and mental spaces for clutter, it may be tempting to multitask to be more efficient. Brain science proves we are more efficient when we do things mindfully, one at a time. The brain cannot entirely focus on two or more items at once. What we think is multitasking is often just switching rapidly between many tasks. If you find yourself getting overwhelmed, try the following tips:

- Use a mantra such as: “one thing at a time.”
- Try a “brain dump”: list all your to-do items on one page and then go back and prioritize the things that need to get done urgently versus next week, next month, or someday.
- Sort your tasks: make a list of “want to do” versus “need to do” categories.

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Mindful Moment

This week's mindfulness is from Mindful Living Network, inviting us to explore ways to reconnect and reflect on our needs with the acronym: SPRING.

S = Serenity – Find calming activities that fit into your daily routine, such as finding relaxing music, using affirmations to empower you, and finding ways to laugh. Also, think about letting go of thoughts that are a disservice to you ("I'm not doing enough," etc.).

P = Pause – Take moments for yourself throughout the day to check in with your thoughts about your work, relationships, and your own needs. Take a moment to call or text a loved one, sit in silence for a few minutes, or grab a snack.

R = Routine – Establish daily rituals or routines for yourself or your family. Create events to look forward to throughout the week or even a consistent day where there are no expectations of events or activities.

I = Intention – Listen to your thoughts and needs and what gives you passion and energy with your interactions. Be aware of what is stressful or empowering to you throughout your day.

N = Nature – Reconnect with nature in whatever way is accessible. Go outside to take in the sunshine, enjoy your surroundings in your neighborhood or even look out your window.

G = Give – If you have the energy to give to others this season, think about how to volunteer time or donations to community organizations or charities in your area.

Creative Corner:
Found Objects

If spring cleaning time has inspired you to go through the clutter in your house, consider how you can use some of the objects you've found. You may be able to come up with an art project, make a small present for a friend, develop a new organization system, or reuse objects that are likely to be thrown away.