The Negative Impact of Clutter on Mental Health

The Clutter and Mental Health Connection

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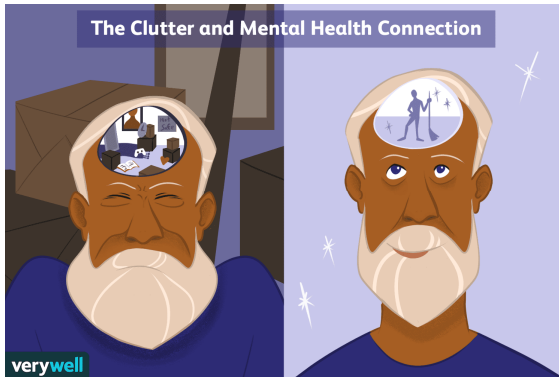
Why do we keep on overthinking about something, and what is the thing that prevents us from sleeping? It is cluttering or piles of thoughts that keep our minds overdriven and thus increase our pressure and distress, making us anxious, depressed, frustrated, and hard to make decisions.

Cluttering does not happen automatically; there are several reasons ranging from past incidences to worrying about the future; henceforth, it is really important to know all the causes behind cluttering and the ways to remove cluttering in mind.

Here, we will discuss what cluttering is, the reasons behind it, and the methods to overcome cluttering issues.

What is Cluttering?

Cluttering is a junk of confusing thoughts that come into your mind from one direction and tend to reside in one place, and there are no desires to come out of these pressurizing thoughts unless you take psychological help.

There are several reasons that lead to overthinking, such as PTSD (Post Traumatic Stress Disorder) or worrying about the future ahead, and the good news is, you can overcome cluttering by mental healing practices such as meditation, yoga, and talking to a psychologist about your thoughts that are corroding your mind.

What is the Impact of Clutter on Your Mental Health?

Just like you intake junk food, it impacts your body; similarly, overthinking rusts your mind and keeps you from thinking clearly or making important decisions in your life. You also find difficulty taking help from someone because you fear judgment, and people around you may come to know about your mental health.

Overthinking keeps piling up when care is not taken before it gets late. However, with passing time, you start getting anxious, feel dryness in your mouth, find difficulty in breathing, are unable to focus at work, have a short span of concentration, and find it hard to meditate.

Also, you keep on sailing on different sails of decisions at one time, and it's difficult to stick to one decision at a time. In this way, you fall in a depression web. You need time, patience, and persistence to come out of it. However, with love, proper care, and attention, you can heal from mental clutter.

Why Do People Have Mental Clutter?

Many times, it is really hard to come out of the past negative incidences, hard to concentrate on the things of the present, you feel comfortable leading a present imaginary life and worry about the things you imagine which may not come out to be true in the future. All these thoughts keep you from doing the present task with zeal, you have no desire to do better for yourself, feel lethargy, and aim to get the most with fewer efforts (because of the short span of concentration and less patience to stick to things).

In this present era, when everything is fast and furious, be it work, relationships or communication...it is narrowing you down slowly, and this is what makes you lonely; lacking a social circle and trust makes it hard for you to share your thoughts and eventually, you keep your thoughts within you and mental cluttering begins.

What is hoarding?

Hoarding is a habit of people collecting things in their living area; it can be an old mobile phone, a costly t-shirt, or a broken photo frame. Some people like keeping things as interest while some people build a habit of keeping them as a memory of someone they lost during their childhood. However, this clutters their home space, and when things are chaotic, it impacts our mental health as well. So, what are the causes of this issue? Well, living alone or being born in an unorganized environment, or having difficulty leading a normal childhood.

Methods to Remove Mental Clutter:

● Before your emotions go bottleneck, it's better to reach out to your family, as a family never judges you for any thought you share, and sharing all your thoughts relieves you from overthinking.

● List down all your thoughts and discuss them with someone close to you, be it relatives or your close friend, who is open to listening to you.

● Taking outside help when you feel you don't have anyone to share your thoughts with. It is better to vent in front of a stranger like psychologists, who listen to you patiently and guide you with a schedule to reduce mental clutter.

● If you're running out of finance, you can consult free psycho-social helplines such as Roshini (Hyderabad) or call (by TISS Mumbai) or even free chat on the 7cups website.

● Practice breathing exercises like Pranayama, Vipassana meditation, or do Yoga or a brisk walk to help yourself release mental clutter and get clarity in your thoughts.

Conclusion

The solution is available for every problem; all you need is guidance, and following the method step-by-step will help you let go of mental clutter. Good Luck!