

Cleanse your mind

“You have heard about body detox. But, do you know what’s bigger than your body? Your Mind”



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There might be many instances when you are unable to focus on a particular thing. It might be when you are reading a book or listening to a lecture or even watching TV nonetheless. This is due to a lack of concentration.

Concentration means the presence of the mind in the present.

A human mind has an average of 50,000 to 1 lakh thoughts per day. We constantly work subconsciously. It is quite easy for the mind to get distracted and follow a random thought which keeps us away from our priorities. Energy

flows where attention goes. Many times, our minds might be cluttered with many useless things which put our energy to waste. That’s when we need a detox- **A MENTAL CLEANSE**, to declutter our minds and create headspace to access the good stuff in life thereby setting our priorities right. Here are some ways by which you can cleanse your mind.

MEDITATION

This comes as no surprise. Many studies have shown great results with meditation in helping you calm your mind and remove all sorts of toxic thoughts. Take yourself to a quiet room. Sit down, close your eyes and breathe. Set a focal point which should be the only thing in your mind. Do

this for 5 minutes every single day and see how your concentration improves. Eventually, you don't need a quiet room. You can do it almost anywhere. Whenever you are under stress, this little technique can help you.

JOURNAL

Another effective way is to vent out everything that has cluttered your mind in a journal. Take a piece of paper and a pen and write down everything that comes to your mind. Let everything out and let your mind breathe. It removes all the unnecessary irrelevant thoughts to help give yourself that clarity in life you have been losing lately.

CLEAN YOUR SURROUNDINGS

Your surroundings can have a great impact on your mental well-being. Clean your room. Open those windows that have

been closed forever. Let that sunlight and fresh air fill your room. Let your space give you the energy you need.

ASK QUESTIONS

Questions are one of the driving tools in life. At various points, ask yourself questions about various matters that you are doing. This brings new ideas and clarity to your life. This can be a personal exercise you do now and then when you feel stuck and need to find the drive to do things.

HEAL YOUR MINDSET

Your mind set is your attitude towards any situation. There is a philosophy that states that there are two sets of mind sets. One is a beautiful state and the other is a suffering state. There are the two ends of a range of mind sets. A beautiful state is when you experience joy, happiness, peace, love, calm, connection and

passion. On the other hand, a suffering state is when you experience sadness, depression

and hopelessness as a response to various situations in life. To shift from the suffering state to a beautiful state, one must understand that a brain is a problem-solving machine. It constantly tries to solve problems even when they do not exist yet. Instead of focusing on the resources that are present, it tries to focus on stuff that is not here yet. To correct this, you need to revise your skills and resources. Improve on the skills you already have and get new resources that are required. This is the only way your brain can focus on the matters of the present.

TAKE CARE OF YOURSELF

Taking care of yourself does not have to be fancy like going to a spa or indulging in luxury goods. It can be

as simple as taking a day off and letting

yourself free without a to-do list. It can be a nice chance to explore

new things and in turn, explore yourself in the process. All things you find might come as a surprise. Start that thing you have been putting off for a while

now or go back to that thing you used to enjoy a while back. These can refresh your mind and give you the right perspective in life.

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