

# Spring Cleaning Your Life

At this time of the year Spring is in the air and there is hope for new beginnings. We are all familiar with the 'D' word: Detox, and everyone of us is getting ready to Spring clean our house. Spring cleaning is a very therapeutic exercise. I believe there is a strong correlation between our physical environment and our mental state. By decluttering different areas of our lives we bring ourselves more energy for doing the things that we really want to do in life, the things that make us happier. Why? Because any kind of clutter creates an obstacle to the flow of energy around a space. This in turn creates confusion and stuck-ness in our lives.

To make the most of this Spring cleaning season here are 7 tips that I have tried myself successfully. They cover different areas and they are easy to put into action.

**1. Detox your life.** The only way we can look after our loved ones is looking after ourselves first. A key aspect of this is conserving our energy. Spend time with people that support, encourage and, most importantly, replenish and don't deplete your energy. Be aware of how your body and soul react to certain people and don't be afraid to spend less time around the ones that leave you drained. It is important to build a network around you that gives you support.

**2. Use natural treatments to help your body.** After the winter excess your body might need an extra help. Visit your local GP or a registered naturopath that is qualified to recommend alternative treatments that could be beneficial for you: Ki massage, acupuncture, colonic irrigation, chiropractor sessions are some forms of alternative medicine that will help maintain your well-being. And, if you haven't tried it yet, please head to Sligo and soak in a fabulous seaweed bath for an hour and watch your worries disappear.

**3. Declutter your surroundings.** There are four categories to clutter: things you don't use or love, things which are untidy or disorganised, too many things in too small a space, and anything unfinished. Start with a corner of your home, I usually find it easy to start with my bedroom, and remember to also include your car in this exercise especially if you tend to apologise for the state of it whenever you give someone a lift! There is no other way to do this, just roll up your sleeves and get on with it. I find that the help of your best friend or your siblings can make it easier, they won't be as attached to your things as you are so they will help you in a ruthless but necessary manner. Just keep your focus on the end result as the rewards will be immense.



# Spring Cleaning Your Life

**4. Do some Wardrobe weeding.** How many of us look at our wardrobe full of clothes in the morning and say 'I have nothing to wear'. You might have too many items and find it confusing to decide what to do with them. Apply the 'one in, one out' rule. Every time you buy something new get rid of something old. The trick is: never go shopping when you feel emotionally out-of sorts. Comfort shopping is one sure way to end up with a wardrobe of clothes you will never wear. It is also useful to get into the habit of buying items that make you feel wonderful and that are for the shape you are now and not the shape you want to be. Charity shops and recycle banks will be happy to get your unwanted items. If you are too attached or find it difficult to get rid of clothes that have sentimental value seek the help of an expert.

**5. Give your make up bag a detox.** Yes, this key part of our daily routine also needs looking after. Beware that make-up has expiry dates and get rid of all products that you haven't used in a while. In the bathroom, regularly throw away out-of-date pills and potions. And for the gentlemen out there, keep an eye on all those toiletries, aftershaves and shower gels lying half empty around the bathroom.

**6. Bring something new to your life.** Go for it! After getting rid of old, stagnant energy there is room for new things in your life and it doesn't have to be new purchases. New experiences will do the trick: visit a new art gallery, listen to different music, read a new book, try a new cooking recipe, Try a new driving route, do your groceries in a different supermarket ... you get the picture. This will stimulate your brain and will encourage you to embrace change step-by-step. This is specially beneficial if you feel you are stuck in a rut.

**7. Get some fresh air.** While you are in the process of decluttering you will find that your energy increases. Use this opportunity to wrap yourself up and go out for a walk. Even if it is cold outside please go out, I promise you won't melt! The trick is to engage your five senses while you are doing this so it becomes a mindful experience in which you are fully present. The walk will then transform itself into a form of meditation in movement and will help calm the mind.

