

HEALTHBREAK

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3 Ways Minimalism Impacts Your Health

Clutter can affect all areas of our health, but it can especially take a toll on our mental health. One way to clear the clutter is by practicing minimalism.

When you think of this term, you might think of words like boring or empty, but minimalism isn't about living with little as possible — instead, it's about discovering what's truly important.

Minimalism is “the active intention of paring down so you can focus on what matters in life.” By doing this, you're allowing yourself to focus on what's truly important, what gives your life meaning, and what brings you value and joy.

Here are three reasons why minimalism is good for your mental health:

1. It gives you peace and clarity. If you're surrounded by clutter, it can be hard to think clearly. Decluttering and organizing your physical space can do the same for your mind — less stuff means fewer distractions. Taking a minimalist approach can prevent distraction and overstimulation from too much stuff and provide a sense of clarity.

2. It can improve your concentration. The brain can't function in a messy, cluttered home. The chaos limits your brain's ability to focus and process information. Research shows that when your area is organized and not cluttered, you're less irritable, less distracted, and more productive.

3. You can enjoy more. Practicing minimalism helps you move those non-essential things out of the way so you can better focus on what's truly important, what gives your life meaning, and what brings you value and joy. You have more room for being creative, enjoying the presence of loved ones, and for doing things that bring you joy.

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