

Wellness Wednesday

Memo 2

Jan. 15, 2020

### **Out with the old...**

January is a time of beginnings. It can also be a good time to identify and remove those things that might be holding you back and I'm speaking both literally and metaphorically here. This week's memo has a focus on clearing out the "clutter" in our lives to make room for more joy.

### **The literal clutter**

This time last year, everyone was talking about Marie Kondo and her "KonMari" method to "tidying up". I've never watched her show but I did read a few articles about her method and I'm trying it out at home. If you're like me and tend to accumulate more than you need, hang onto things that you'll probably never use, or generally are just a bit of a pack rat, you might give it a try. Clearing out the literal clutter in our lives can help us feel more free to focus on what's important. If you haven't already seen her, here's a quick intro to Marie Kondo and her method for "tidying up":

<https://www.goodhousekeeping.com/home/organizing/a25846191/what-is-the-konmari-method/>

Want to try the "KonMari" method in your classroom? Here are some tips:

<https://www.teachstarter.com/au/blog/how-to-declutter-your-classroom-the-marie-kondo-way-2/>

Bonus points: our students could probably benefit from a little "KonMari" in their notebooks, bookbags and lockers so encourage them to declutter and get ready for the new nine weeks.

### **The metaphorical stuff**

Do you often catch yourself in a train of thought that you know isn't helpful? Worrying, self doubt, and other patterns of thinking become mental habits and they're hard to break. We have to consistently confront the unhelpful thoughts with a new way of thinking in order to overcome the mental habits that might be holding us back. This article has some helpful suggestions for breaking unhealthy mental habits:

<https://www.psychologytoday.com/us/blog/changepower/201506/change-hurtful-mental-habit-make-the-4-decisions>

Great quote by Thoreau at the end of the article: "As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives."

## Social Media and Technology

**Copied with permission from a former student of mine:**

"Katie's Tip for a Good Mind #1:

For the past few years, I've been really trying to find a way to make my Facebook enjoyable again. I knew it was beginning to become very toxic and was hurting my feelings and relationships with people close to me.

So I first hid all of my friends that post just really negative or political stuff 100% of the time, then I hid any political post that popped up even if I agreed with it. Then I started to like more funny pages or dog pages, and joined a few groups like "The Wholesome Squad." I've tried to limit how much I post-- and if I do, I try to keep it lighthearted so anyone can enjoy it. Most recently, I've joined like 6 book clubs and now my whole Facebook is people discussing books and things they love!

All I'm saying is that I'm a happier person partly because I changed my usage of social media. I highly recommend it!"

***We could all learn a lesson from this young lady to be conscious of our own social media habits and how they impact our social/emotional well-being.***

### **The procrastination trap.**

Whatever you want to accomplish this year, the biggest obstacle you may face is your own "instant gratification monkey". What's that you ask? Watch this awesome TED Talk by Tim Urban to find out. Don't let the monkey have the wheel, stay out of the dark playground, and start accomplishing your goals.

<https://youtu.be/arj7oStGLkU>



### **Inside the mind of a master procrastinator | Tim Urban**

Tim Urban knows that procrastination doesn't make sense, but he's never been able to shake his habit of waiting until the last minute to get things done. In ...

youtu.be