

# Spring Cleaning!

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For many, spring is the time for massive spring cleanings of homes and garages. Drapes are washed. Carpets are shampooed. Planters are refreshed and reseeded. Spring is a time for regrowth and renewal! What about our mental health? Spring is a great time to do a little “spring cleaning” of some of the mental dirt we accumulate in our minds and hearts over the year

#### ✦ **Toxic relationships and drama:**

It's never good to hold onto friendships or relationships with people who seem to constantly put you down. Though it may not always be obvious, other people's negativity and instigation of drama only results in exhausting our own emotional well-being. Though it may seem hard saying goodbye to toxic friendships and relationship, you will not regret it!

#### ✦ **Bad habits:**

Take the time to eliminate bad habits that are counterproductive to your well-being. This can be something as minor as eating poorly, to something as major as getting sober from a substance addiction. Just focus on one bad habit at a time, and take your time with it. Stay positive!

#### ✦ **Negative talk:**

Getting rid of any tendencies to gossip or constantly complain. Though occasionally venting can be good for getting rid of stress, constantly complaining and verbalizing old hurts only allows those feelings to continue to break down our mental health. Don't be the toxic friend who is always wallowing in the negative.

#### ✦ **Negative thoughts:**

Spring is a good time to also get rid of any self-doubt. Often times, our very own potential for greatness and possibility for achievement is ruined by our own thoughts. We don't express confidence in our abilities, and tell ourselves, “I can't,” or “I'm not good enough.” Nothing ever comes from this type of thinking other than a self-fulfilling prophecy of failure. Don't let negative thoughts get in the way of your dream!

#### ✦ **Your physical space:**

It's an old cliché. Clean house, clear head. But there's more wisdom to the old proverb than it may seem. Things take up mental space. When we have a closet full of junk, we waste brain power on where to store things rather than on more important matters. The effort spent in repairing and cleaning takes up time and resources. Eventually, we find ourselves in a constant state of having to get stuff done for our stuff, rather than having any free time to just relax.

