

Mental Decluttering - Spring Cleaning!



Mental clutter is stress created by the daily demands of modern life, our multiple roles, to-do lists, thoughts, emotions, responsibilities, and the constant influx of information. Consider the self-help concept of decluttering to reduce stress, improve concentration, enhance creativity, and cultivate a greater sense of well-being.

Signs that indicate the need for mental decluttering include difficulty concentrating, difficulty completing

tasks, a decrease in work performance and a decrease in feeling balanced and well both physically and emotionally.

Mental decluttering is about creating space for what truly matters and letting go of what no longer serves us mentally and emotionally. The practice of mental decluttering may involve various techniques, such as mindfulness meditation, journaling, prioritizing tasks, setting boundaries, and letting go of negative thoughts or emotions.

Do a daily brain dump. Gather your thoughts and worries down on paper first thing in the morning or keep a notebook and pencil by your bed to jot down random thoughts when your mind is full late at night.

Resource: [Declutter your Mind](#)

Stay Safe on a Bicycle



As the weather gets warmer, more of us are jumping on our bikes to commute or just enjoy fresh air. Spring begins a surge in bicycle riding. Bicyclist deaths are highest during the summer months between June and September.

Here are some important tips to keep safe:

1. Install lights on your bike. Have one blinking light to attract attention and a second one that that remains on. This allows other road users to gauge your distance.
2. Wear bright clothes during the day and reflective clothing when it is dark out to be more visible to others.
3. Use hand signals to show others the direction you are going when you are turning.
4. Wear a helmet. Ensure a proper fit to best protect your head.
5. Ride a bike that fits your height. If it's too big, it's harder to control the bike.
6. Carry all items in a backpack or strapped to the back of the bike to keep your hands free for steering.
7. Tie your shoelaces tight and tuck in pant legs so they don't get caught in your bike chain.
8. Plan your route. If driving on a road, choose routes with less traffic and slower speeds. Your safest route may be away from traffic altogether, in a bike lane or on a bike path or sidewalk.

UR Medicine EAP
315 Science Pkwy
Entrance C
Rochester, NY 14620

(585) 276-9110
1-888-764-3456

Email:
EAP@urmc.rochester.edu

Website:
urmc.rochester.edu/EAP

For more information available through: [Bicycle Safety](#)

Check Your Blood Pressure



Eleven million people in the U.S. have hypertension (high blood pressure) and often don't know it. Monitor your blood pressure if you haven't done so before or if it's been a while since your last check. High blood pressure is often called the "silent killer" because it has virtually no noticeable symptoms until its effects suddenly create a hypertensive crisis, which could be a heart attack or stroke. Take these steps to ensure your blood pressure stays within a normal range.

1. Monitor your blood pressure regularly.
2. Eat "heart healthy" foods to improve overall health. Try making smoothies out of fruits and vegetables to get enough vitamins and minerals. Eat proteins that contain less fats.
3. Get daily exercise – even just a walk at lunch time!
4. Keep your annual physical appointments with your provider.

For more information see: [Hypertension or High Blood Pressure](#)

How to Fix Your Day



Experiencing a negative event can disrupt your day, causing your previously uplifted mood to seemingly vanish. Take these actions to restore your positive mindset:

- Admit a circumstance that happened and that your feelings are a normal reaction.
 - Make a "geographic" change in your environment to help adjust your mindset such as a short walk away from your workstation or the place where the event occurred.
 - Identify negative thoughts created from the event and begin to start thinking in another direction. You may think about the next step in your workday or even what is for lunch to de-engage the negative thought pattern.
- Focus on what you can control and what you cannot. You can control your reaction, perspective, identify boundaries, and things you need to do for self-care.
 - Plan something positive. You may want to schedule a lunch with a friend to talk or have something pleasurable to look forward to at the end of your day.
 - See if you can identify the lesson from the event. Find what positive outcome exists indirectly or directly because of the event. See what you have learned.
 - Celebrate that you fixed your day!

Resource: [Recover from a Rough Day](#)