

un-clutter to de-stress: steps to simplify your life - de-clutter & thoroughly clean the refrigerator clean the stove and all the pots and pans ... create a personal stress management plan and identify someone who can help you stick to it seek professional help call work-life assist ufs work-life assist always available. always confidential. **de-clutter your mind worksheet - laura sue shaw** - de-clutter your mind notes 1. where do you need to create systems to make your tasks easier and more organized? 2. what things do you enjoy to relax and de-stress? **quicktakes de -clutter and de stress** - de-clutter and de stress too much clutter at home or at work makes it hard to find the stuff ... can help you de-stress. getting organized by removing clutter is good for your and your ... de-clutter countertops by mounting the phone and to-do lists on the wall. add a magazine rack for **[pdf] minimalism: how to declutter, de-stress and simplify ...** - minimalism: how to declutter, de-stress and simplify your life with simple living. today, a growing number of people are becoming dissatisfied with their lives and turning to simpler ... clutter and the need to maintain the materialistic way of life. the author emphasizes the importance ... [pdf] minimalism: how to declutter, de-stress and ... **g{x anxiety stress management institute** - clutter can accumulate for many reasons, and for the purposes of the group, the reason for the clutter is secondary to the dedication to de-cluttering. the intake session will help you determine if the group is right for you, and if you will be a contributing member of the group. **full download => minimalism how to declutter de stress and ...** - pdf book minimalism how to declutter de stress and simplify your life with simple living download ebook minimalism how to declutter de stress and simplify your life with simple living pdf ebook minimalism how to declutter de stress and simplify your life with simple living page 3. **we!charge!hourly.!call! de**