# Ways to Simplify Your Life for Mental Health

In a world full of complications and convenience, simple living has quickly become more and more appealing. It can be a great way to reduce stress, be more present, and live an overall better quality of life.

Don't know where to start in your simple living journey? We are here for you.

## Declutter, declutter, declutter.

Decluttering can significantly [benefit mental health](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5541631/) in several ways. It reduces the stress associated with a cluttered environment, enhances one's ability to focus on tasks and goals, boosts mood, promotes mental clarity, and encourages healthy habits that contribute to a person's overall well-being. Decluttering ultimately supports a more serene lifestyle, promoting mental health and overall wellness.

## Decide on your priorities.

Set your priorities in life and keep them in mind when making decisions. Strong priorities can help reduce overwhelm, improve focus, enhance your decision-making skills, promote a more balanced lifestyle, and boost your motivation toward the life you truly wish to live.

## Establish routines.

Establish a routine in your mornings, evenings, weeks, and anywhere else you see fit. This can help reduce anxiety and stress by increasing stability, enhancing your productivity, promoting healthy habits that benefit your overall wellness, improving your mood, and enhancing your quality of life as a whole.

## Limit screens.

Screentime has quickly become a normal part of society. Many of us find ourselves spending most of our day staring at a screen, consuming a wealth of information.

Unfortunately, too much screen time can begin negatively impacting one's overall quality of life. [Limiting screen time](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10117262/) can significantly benefit mental health by improving your sleep quality, which is crucial in maintaining good mental health, decreasing anxiety and depression, enhancing focus and productivity, and encouraging healthier habits.

## Practice mindfulness.

Mindfulness involves working to be present at the moment you are currently in and making conscious decisions about the way you spend your time. Being mindful, or practicing mindfulness, benefits mental health in several important ways, including reducing stress, enhancing emotional regulation, boosting cognitive functioning, promoting self-awareness, and supporting mental resilience.

## Set a budget and stick to it.

You may wonder what budgeting has to do with mental health. Your finances play a significant role in your well-being, though! Budgeting can help support mental health by reducing stress and anxiety around money, decreasing feelings of overwhelm, and helping you make progress toward your goals.

## Delegate and share responsibilities.

Many of us struggle to seek help, thinking we should complete our tasks by ourselves. However, delegating and sharing responsibilities where possible can reduce stress, improve relationships, enhance productivity, and improve our work-life balance. This will ultimately lead to a happier, healthier life.

## Don't be afraid to say "no."

Saying "no" is crucial for mental health as it prevents overcommitment and overwhelm, enhances the quality of your relationships, promotes self-care, builds confidence, and boosts decision-making skills.

Simplifying your life is a great way to boost your mental health. However, it is not a magical cure for signs of mental illness. If your mental health is struggling, we are here for you. [Contact](https://www.michiganpsychologicalcare.com/contact.php) us today.

**References**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5541631/>

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