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Do you remember that moment in *Everything Everywhere All at Once* when Evelyn's mind gets fractured after skill-jumping too many timelines? Eventually, she realized she was becoming like her daughter, Joy aka Jobu Tupaki, the source of the antagonist in the movie.



What I got from watching this part of the movie as a therapist, is Evelyn's mind fracturing was a metaphor for the healing process; all at once messy, full of possibility and riddled with discomfort (like all the random and weird things she needs to do to "open herself up" to a new timeline).

Eventually, her mind gets cluttered, much like all the receipts she was sorting (did anyone get anxious just looking at that pile of tax receipts?!). Confused with possibilities, hopes and dreams, new ideas and skills.

It's almost like we know exactly what will happen, and we've picked up on patterns that seem to be moving faster than we can catch them.

“Decluttering” or “spring cleaning” our minds are less about offloading all of this ‘knowingness’ and the predictability of how we talk about issues in our lives and the world but about proper rest against the current.

As Jonathan Malesic puts it:

“Knowingness can also take the form of ironic or cynical distance, of seeming to have seen it all and gotten over it...‘the stance of “already knowing” functions as a defense: if you already know, you do not need to find out.’ Knowingness, then, is a false claim to knowledge that makes it impossible to learn anything new.”



As we thaw our winter brains into spring, I encourage you to take stock of where you can create space for questions, not knowing and truly allowing in the spirit of learning and curiosity.

In my clinical practice of over 15 years, some of the best clients come willing to learn to be curious about themselves and their patterns. *Those who transform the most allow space in their minds to not know how to navigate and feel like everything is everywhere.*

Over time, a cluttered mind, like having too many tabs open on your browser, can lead to worrying about things outside of your control, anxiety, rumination, unfulfilled dreams, constantly feeling overwhelmed, holding on to negative emotions and wasting your time and energy.

You will find all sorts of productivity hacks and advice about decluttering your mind, but let's be honest, if we are already at capacity with a long to-do list, seeing these article lists can be just as debilitating.

life that digs you into a mental hole:

SLEEP



Actual restful sleep! Sleep deprivation disrupts your brain cells' ability to communicate with each other, leading to temporary mental lapses.

SET AND COMPLETE PRIORITIES ✓

This means accepting that only some things on your to-do list must be done now.

As you write down everything that feels important, you can identify urgent items—i.e. tasks that require immediate attention will have serious negative consequences (such as a project with rigid deadlines, medications you need to take, bills to pay, etc.).

PRACTICE BEING MORE DECISIVE



Procrastinating often leads to mental clutter since it overloads your brain with all the pending decisions you still need to make. Instead, make a goal to make 2-3 little decisions every day and let go of the impending overwhelming feeling you get when a task doesn't start.

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TAKE AN ACTUAL BREAK



That means even 5-10 minutes of not staying at your desk, being in your workspace, or scrolling!

Ideally, a break where you can stare off into the distance or be in nature. This will help to reinvigorate your energy and come back to your body.

If you can understand more about the things your mental health can brush up on, **here are some engaging posts that can help you gain some perspective:** (believe it or not, these topics help declutter the mind!)

[Am I co-regulating or co-escalating?](#)

[Why work with your Inner Child?](#)

[On the intensity of guilt](#)

[What is the difference between forgiving and giving up?](#)

To hold complexity with tenderness and joy is truly the challenge of our lifetime, but it is rewarding, life-giving and worth it. Being carefree is a muscle we can train if we take notice and stay curious.

Curious to learn more about the therapy process? Let's Talk. Feel free to reply to this email or email me at info@talktherapywithvera.com to set up a free consultation to discuss what's on your mind!

I'm here to support you at any part of your journey!

To our collective liberation and your journey to a more carefree life,



Vera Cheng | Registered Social Worker, Psychotherapist
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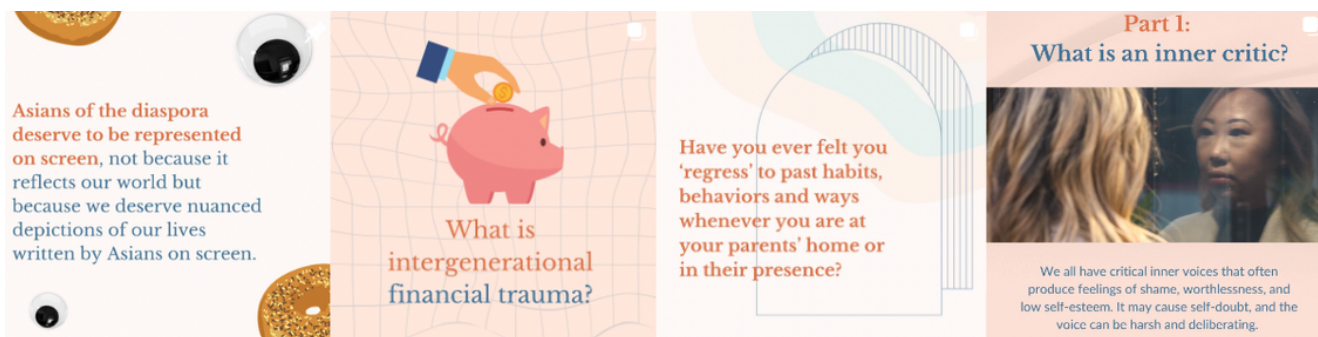
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to be a speaker, my books are open for the summer to collaborate with those with synergies.

Feel free to share my contact with anyone looking for a mental health or psychotherapist speaker. You can check out my [media engagements here](#).

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