

Organizing Yourself From the Inside Out

Being Organized means feeling like you have control over your life and things around you.

When you are relaxed, alert, and organized you are in your best state to learn, handle changes, pay attention to activities, and participate in social situations

Things that affect organization: Diet, Activity Level, Sleep, Environment, Support

Diet: Make sure you eat a balance of fruits, vegetables, and meat, and limit sugary foods and breads. Some foods that are chewy and crunchy can also help to calm your body. Also, drink lots of water.

Crunchy Foods	Chewy Foods
Raw Vegetables	Raisins and Craisins
Apples	Dates
Grapes	Meat
Tortilla Chips	Licorice
Pretzels	Oranges
Graham Crackers	Cheese Sticks
Ice cubes and Popsicles	Chewy Granola Bars
Crackers	Bagles
Dry Cereal	Gum
Crunchy Granola Bars	Macaroni and Cheese
Pineapple	Lunchmeat Sandwich
Peanuts	Hard boiled egg

Activity Level: Exercise releases chemicals from the brain that helps to organize your body and decrease stress.

- 1) Take a walk
- 2) Crawl on the floor with the kids and have races: Crawling helps you to use both sides of the brain, the deep pressure from crawling produces a chemical to calm your body
- 3) When you first wake up and before you go to bed, sit Indian-Style, while also crossing your arms. Then take several deep and long breaths. The crossing of your arms and legs helps to organize your brain and the deep breaths calms your body.
- 4) Stomp your feet and squeeze your hands when upset. The deep pressure releases chemicals in the brain to calm your body
- 5) Give hugs: A firm hug relaxes the body and reminds you how much you are loved.
- 6) Kids can also walk on their hands to calm their bodies.

Sleep: Be sure to relax and let go of your stress before you lay down in order to be well-rested in the morning.

- 1) Play relaxing music
- 2) Apply lotion with lavender oil (calms the body)
- 3) Journal all of the stresses and positives of the day
- 4) Take a long bath
- 5) Remember to sit Indian Style with arms crossed and take deep breaths. It calms and relaxes the body.

Environment: Take a moment to visualize what your house would look like in the “perfect world.” What colors would make you happy and peaceful inside? What pictures would make you smile? What sayings would remind you of the way you want to feel?

- People may not remember exactly what you said or what you did, but they will always remember the way you made them feel.

- A messy and dirty house is ok if **you** feel happy inside it. However, if you feel miserable as soon as you walk in the door, it is no longer a peaceful, safe, and happy place for you.

- **Some tips:** Use boxes or crates to organize toys, magazines, clothes, etc. You can store away items you don't need everyday in a corner of the house or under the bed. But, if they are labeled, you can easily find them when needed.

- **Decluttering the floor** is the number one thing to do in order to feel organized in your house. If you are stepping over things as soon as you walk in the house, you will no longer feel organized. Maximize the corners of your house for storage.

- **Place sayings around your house (on mirrors, refrigerators, doors, etc)** that remind you how you want to feel. For example, in the kitchen place signs that say “Live, Laugh, Love”. In the living room place a sign that says “Family”. In the bedroom place the picture from your wedding day to remind you of the promise of commitment you made. In the kid's room hang your favorite pictures of them on the wall.

- **Play music.** Instrumental is the most recommended music. Harp and piano tunes will calm you. One highly recommended is “Rest and Relaxation” from Wal-Mart. Music with drum beats will help to organize you and motivate you. I recommend “Africa” from Wal-Mart. An idea is to play “Rest and Relaxation” in the bedrooms and “Africa” in the living room on a daily basis. Just keep the CD on repeat so every time you walk into the rooms, you will feel organized.

Limit the TV. The bright lights flickering on and off from the TV are very disorganizing. In addition, the TV can quickly change our moods. Have you ever been in a great mood and watched something on TV that really upset you? It can alter your entire day. The more TV we watch, the more we risk it altering our moods. If you have a positive TV show or movie that makes you feel happy after you are done watching it, then record those shows. If you feel tired, sad, grumpy, mad, etc after watching a show, then stop watching it.

Open windows and turn on Lights: If your house is dark and gloomy, you are more likely to feel gloomy. Make sure to open the windows and turn on lights and lamps

Use colors and decorations to brighten the house: Yellows and blues are happy colors; browns and greens are calming colors; blacks, grays, and sometimes white are gloomier colors. You can even just buy cheap artificial flowers or green plants to brighten up a room.

Support: Surround yourself by people that make you feel good inside. Whether it be a phone conversation, and email conversation, or actually seeing the person face to face.

-Make sure you find time at least once a month to meet with someone who makes you feel good inside and reminds you of how wonderful you are.

-Write down 3 things that you love about yourself, and read them everyday.

-Have someone you know also write down 3 things about you that makes you special, and read it everyday.