How Digital Decluttering Improves Mental Health

212-Careers

Clutter clouds the mind and kills productivity. It creates stress and can hurt your career and your relationships. That's because your mind is a copycat of your environment. A Princeton University study found that if your physical space is disorganized and distracting, your mind will be as well.

The same is true with digital clutter. We spend a significant amount of time online, dealing with computers and consumer electronics. That means digital clutter is something you deal with, even if you don't think it's a big deal. Here are a few ways digital decluttering improves mental health and wellness.

Organization Promotes Peace of Mind

The human brain adores order and organization. Give it what it wants. Studies continue to show that clearing the clutter in your life, whether physical or digital, provides many mental benefits. One reward is more peace of mind and less stress because you know you won't have to deal with unnecessary files, apps, and games that can slow down your system and give digital bad guys potential access to your information.

Stress Ramps Up Levels of Cortisol

Your hormones significantly influence your emotions in many ways. Have you ever acted out in response to emotions and later wondered why you did that? You may have acted out of

character. This happens when your hormones are out of whack. They influence the emotions you experience, and your emotions lead to your behaviors.

Digital clutter increases your stress level, leading to higher cortisol levels, a chemical aptly nicknamed the stress hormone. Stress can cause physical health problems as well as damage to your mental health. Clearing the digital clutter not only boosts your brainpower but also enhances your physical well-being.

**There Is Less for Your Brain to Deal With**

The ability of your conscious mind is limited. It is only about 1/20th as capable of dealing with information as your subconscious mind is. When you are actively dealing with tons of files, apps, games, and other sources of digital clutter, your conscious mind is at work. It quickly becomes overtaxed. When this is your reality day after day, significant mental health problems can develop, including the possibility of mental fatigue and even burnout.

Your Devices Become Faster, and You Do as Well

How do you feel when your phone, computer, or tablet is running sluggishly? You get frustrated. Your productivity lags. Negative emotions are experienced, leading to increased cortisol levels. When you clear unnecessary data from your digital devices, they become faster and more efficient. Your productivity also increases.

How do you feel when your devices are fast and efficient? You feel good. Positive emotions are triggered, and you are more efficient at your tasks.

Your mental and physical health are undeniably linked. The cognitive benefits of digital decluttering are well-known. This influences better physical health. Your overall wellness benefits from head to toe when you take the time to clear the digital clutter from your life on a regular basis.
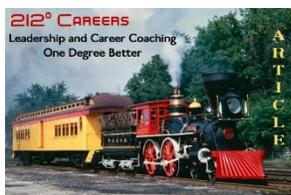
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