

# Mental Clarity:

## How to Think Straight and Clear

### **Mental Clarity: How to Think Straight and Clear**

Getting your thinking straight can help you succeed in every aspect of life. Whether you're trying to write a college research paper, working on a big project at work, or managing the rest of your life, a lack of mental clarity can cause all sorts of challenges.

**A lack of mental clarity can cause you to feel like your mind is scattered, making it difficult to make a plan.** You might be so confused that you can't figure out how to decide what to focus on first.

You may also feel weighed down by thoughts that seem impossible to sort through. For example, you might be overwhelmed when thinking about how much work you have ahead of you.

**The good news is that improving your mental clarity can happen faster than you think!**

You can improve your ability to think straight and clear your thoughts in just a few minutes each day.

**So what can you do today to start thinking clearly? These tips can help:**

- 1. Start by cleaning the clutter.** Taking the time to clean your desk space has a positive mental effect because **it removes the noise and distractions that prevent you from having a clear mind.** Clear your desk of anything you don't need.
  - If you have some paperwork that you haven't looked at in a while, you can probably get rid of some of it. Removing distractions can improve your

mental clarity by limiting the number of thoughts that come into your head.

**2. Nibble some snacks during the day.** Having a healthy snack can help you stay more focused because it gives you a boost of energy. **When you find your mind is a bit fuzzy, reach for a piece of fruit, a granola bar, or some roasted almonds.**

- These will provide the nutrients you need to stay focused. Other than the sugar, which gives you a boost, healthy snacks are rich in phytonutrients that make your body strong and healthy.

**3. Get adequate sleep each night.** Sleep deprivation can make it hard to think clearly. It can also cause irritability, cravings, and low energy. Aim for 8 hours of sleep each night.

- **If you have a hard time falling asleep, try reading a book, listening to some soothing music, or taking a warm bath with essential oils.** Doing so will help you regulate your breathing and fall asleep faster.
- You can also use a sleep tracker. Sleep trackers help you manage your sleep schedule and ensure you get quality sleep every night.

**4. Change your scenery or workspace.** To be more productive, surround yourself with items that you enjoy. For example, if making art makes you happy, include crayons or markers in your workspace. If you're into cooking, turn your kitchen into a studio.

- Just ensure that you **keep your workspace organized to avoid distractions.** If it's possible for you, consider taking your laptop from work to a coffee shop to avoid distractions and get your job done.
- The change in environment helps with mental clarity by allowing you to focus on your work.

**5. Follow a self-care routine.** A self-care routine involves drinking plenty of water, eating nutritious food, exercising regularly, and getting adequate sleep. Self-care activities can change the way you think and help you to feel better.

- For instance, **challenging yourself to do a physical activity that you aren't used to or eating a healthier meal will help you improve your mental clarity.** On the surface, a self-care routine may seem ordinary, but it has numerous benefits for your brain.

Mental clarity is the ability to focus and use your mental energy to make effective decisions at the right time.

In this age of information overload, it might seem almost impossible to achieve mental clarity. However, sticking to a self-care routine will help you get a sense of cognitive control and develop mental clarity.