

# 11 Ways to Detox Your Mind

1

Meditate. It calms + clears the mind

2

Stop worrying so much about other people's opinions

3

Do a brain dump... regularly

4

Write Stream of Consciousness-style in your journal

5

Use journal prompts that are specific to clearing the mind

6

Find 'Active Rest' activities you enjoy

7

Watch your self-talk. Notice when you negative spiral

8

Forgive yourself and other people

9

Start letting go of the past (rejections + mistakes)

10

Move. Get outside into nature if you can + walk/exercise

11

Let sh\*t go more. Stop holding on to thoughts that don't serve you

**PLUS...**  
WATCH THE DETOXING YOUR MIND MEDITATION AT:  
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# Detox Your Mind

**David Baud**



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