



The "minimalistic" mindset



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Rudiments of the title: When you use the word '*minimalistic*', you imply keeping things as simple as possible. I've read somewhere that minimalism is not about having less; it's about making room for what matters more. "*Minimalistic mindset*" is not just a phrase. It's one of the most difficult states of mind to maintain.

Why minimalistic?

When you recollect your previous 24 hours, you will be amused at the clutter of thoughts you've had, emotions you've perceived and your reactions likewise. The fact that our brain functions like this throughout our lives is indeed intriguing. We often analyze and process this information. It utilizes our time and effort, both of which are valuable. The formation of this clutter might be inevitable but dealing with it quickly and efficiently is up to us. Once sold with, you retain your peace of mind.

How do we get there?

The minimalistic mindset is a more minor yet significant part of a detox. We all need one from time to time! It starts with a positive outlook towards things. Positivity is contagious; spread it! When we worry less about things beyond our control, we free ourselves of anxiety and fear. Communicate your thoughts out. The minimalistic mind doesn't suppress opinions. You don't want them to take up much time and space in your head! Take time off with yourself. It might just be a brief walk, hearing a soothing song or watching a sunset. It gives you time to let things sink in, sort out stuff and simplify whatever's tangled.

The final perspective.

The rise in cases of depression and anxiety is alarming and mentally draining. "We shouldn't be this kind of tired for our age." I often compare achieving a minimalistic mindset to those initial baby steps. They are crucial in maintaining a healthy mindset. The goal is to never give up trying to achieve this. Once we simplify our thoughts, we see the world clearly.