

I.T.S. WELLNESS NEWSLETTER

January 2020 Edition

"If a cluttered desk is a sign of a cluttered mind, then what are we to think of an empty desk." -Albert Einstein

MESSY DESK=INCREASED STRESS

Contrary to what Albert Einstein postulated, a clean desk can potentially reduce stress. January 13, 2020, has been coined as National Clean off your desk day. Clutter can play a major role in how we feel about different areas such as, our homes, workplaces, and ourselves. Messy desk leaves us feeling guilty, embarrassed, anxious, helpless, and overwhelmed if the clutter continues to increase. Yet, we rarely recognized clutter as a significant source of stress in our lives.



CLUTTERING YOUR MENTAL HEALTH

Clutter makes it hard to focus, and it bombards our minds, which causes our olfactory, tactile, and visual senses to work overtime on things that may not be as important. Clutter also sends messages or signals to our brains that work is never done, so we feel like we are getting nowhere.

NEW YEAR + CLEAN DESK= NEW AND IMPROVED YOU!

References: Sir James Dyson: "Sometimes just have a good idea isn't enough": Retrieved on December 29, 2019 from: <https://medium.com/dyson-on/sir-james-dyson>

Wellness Tips- Benefits for Employers and Employees

1. **Socialization**-Cleaning your desk with others increases cohesiveness/teamwork, which gives one a sense of belonging and security.
2. **Sleep**- A clean desk gives you one less thing to worry about, which allows you to relax and get a decent night's sleep. Proper sleep increases productivity and makes employees less stressed.
3. **Medically**- Decreases anxiety and physical symptoms, which leads to healthier employees and less out of work calls.
4. **Get organized**- A clean desk makes it easier to locate things faster at the time they are needed. It empowers employees to take control of their personal and professional lives, which helps build leadership skills.