



## MENTAL DETOX

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It is a conscious process that we do to have peace of mind, enjoy the new, clean beliefs and toxic thoughts, be able to heal.

When you cleanse the mind, you create the connection with the environment, with the earth, with all the beings that inhabit this planet. It is to return to the harmony that naturally humans have with nature and life. It is to allow oneself to listen to the clear sounds of the dawn, to observe the stars and to enjoy the sun, the water, the air and all the elementals of the plants, to feel the aroma of the flowers.

**"Peace is not experienced with the silence of the mind, but in spite of its noise"**

Detox mental is a process that allows you to open the way to be more productive and creative, to take advantage of the resources you have been acquiring throughout your life, facilitates learning and the possibility of feeling satisfied with your life to be at peace, to be happy. It helps us to leave the burden of the past and gives us the possibility of being free.

Mental cleansing helps us to remove the layers that prevent us from growing, which limit us and also allow us to release past hurts, worries and disappointments. The mental dexterity can be done with simple changes of habits that we can use every day, breaking the routines that stagnate the mind and the body.

Breathing consciously, concentrating on how the air enters through the nose, filling the lungs and in the stomach is a simple way to cleanse.

Drink pure, clean water, load the brain with oxygen, favoring concentration, attention and perception.

Exercise, walk, run, practice Yoga or other stretching technique. To practice a sport or to enjoy the movement of our body, to dance, to jump, everything that implies corporal sensation.

Developing creative activities, such as painting, drawing, making sculptures, mandalas among others, frees the mind of fatigue and stress.

Recognize emotions as natural and release anxiety through simple techniques such as embracing or embracing others. The hug has the power to heal.

Read new books, with positive content, read topics that enrich our mind with pleasant and positive thoughts.

Everything that involves literally clearing the mind and breaking the schemes that can carry or contaminate, enrich and let it flow.

Playing, is one of the most powerful activities to do mental dexterity, since the playful activities, completely break the routines and the schemes, elevates the emotions, and generates endorphins, favoring the sensation of tranquility and happiness.

Eat healthy, fruits, vegetables, live foods, loaded with vitality and color, eat at the time and leave the sugars and flour and saturated fat. Eat fresh food and avoid eating too much.

To sleep enough, to rest properly, the pleasant and pleasant sleep, helps to feel free and happy.

These are some ideas and strategies to free the mind, from everything that does not serve it and load it with positive and evolving experiences.

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