



The things that stress me out are things I cannot control or perhaps something I want to control right away but that does not help me in the future. I may stress myself out on things that may not better my future in life, and I have to remember that stressing over something may not be necessary because I have a long time to develop and improve my life.

This image demonstrates how I can be stress-free. Whether your mind or even your environment is cluttered, it may still be harmful to you because both my mind and my environment need to be cleared. I have to keep in mind that since something is beyond my control and I feel less stressed in a clear head and environment, I shouldn't worry about it.