

**A**fter the mad rush of Christmas, New Year usually brings a hope of a fresh start; a clearing out of the old and welcoming the new and, for lots of people, the hope of a better year ahead.

It's a time when we start a new exercise regime or make resolutions to eat more healthily. One of my friends is considering colonic irrigation ... not something that I would personally relish! However, it did get me thinking about having a good clear out (bear with me). A cleansing of the colon apparently gets rid of the toxic waste that builds up from years of living in the modern day and age (which is unnatural in lots of ways - stress, caffeine, fizzy drinks, too much red meat, refined carbs and sugar etc) and helps it to function better. An accumulation of toxins is not good for us.

We also accumulate 'old stuff' in our minds and emotions that we forget about or are unaware of. This 'stuff' can manifest when we least expect it ... those moments when your rational mind thinks: 'Why on earth did I say/do that?' Perhaps you over-react to something quite benign or you turn into something akin to a teen in a tantrum over something which you are really not bothered about.

Maybe it is time for an irrigation of the mind.

If there is something bothering you that you cannot quite put your finger on, or your own reactions to certain things or people are causing you problems, then a good mental clear out could set you up for the year ahead and help you to live a more contented and satisfying life.

Counselling and psychotherapy is not only for when there is a crisis in your life, it can also be



## A mental de-clutter to begin 2018



Is it time for a fresh start for the New Year, asks King's Lynn-based psychotherapist and counsellor **Amanda Jayne**.

very useful for ironing out old hurts or uncovering the 'stuff'. A focus on you may well shift the accumulation of toxic waste and make you feel like a new person.

This is also the time of year that people start formulating new plans or re-thinking old plans or current circumstances. In her book 'The Crossroads Between Should and Must', Ella Luna has some very good suggestions as to how to start the ball rolling. We get stuck sometimes in life by old and outdated ideas. Ella suggests remembering the circumstances that brought you to where you are, and considering if they are still relevant. For example, perhaps you moved to your house in the

country when your children were small and you needed a bigger garden. Perhaps your children are grown up, or older and need to be near a town now? Are you stuck with the thought that it's your family home and you cannot bear to leave it?

The other suggestion is to think right back to childhood and the dreams and aspirations you had then. What did you like? What kinds of things made you excited? What were your most enjoyable pastimes? Do you enjoy them now? Have you always wanted to pursue an interest or hobby or different career but have never felt you had the time or resources to do it? Is that still the case? Or could you look into making this change?

It could be time for a mental clear-out or time to challenge your old way of thinking to release new ideas and invoke that fresh start or new chapter in your life.

It won't hurt to try anyway. Happy New Year everyone.

### Ask Amanda Jayne

I would love to hear from you and will reply to letters which, if we print them, will remain anonymous. Your details will be treated confidentially. Write to Amanda Jayne MA MBSCP at Feelgood Therapy, Room 11b, St Ann's House, King's Lynn, Norfolk PE30 1LT; email [amandajgoss@gmail.com](mailto:amandajgoss@gmail.com); professional counsellors at [www.kingslynnwestnorfolkcountselling.co.uk](http://www.kingslynnwestnorfolkcountselling.co.uk), on 01553 827689 or 07760 669246.