



"Winter is the time for comfort. For good food and warmth. For the touch of a friendly hand and for a talk beside the fire: it is time for home".

E. Sitwell



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Your Online Resource



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YAY! 2021!

Glad you're here! Hope your new year is going well and know that Spring is just around the corner now! Enjoy this Winter newsletter – there's lots of interesting information.

DON'T HUG A TREE – STARE AT THE BRANCHES

Brain wave tests show that looking at complex repetitive patterns (fractals) has the same effect as meditating! In a forest you will find fractal patterns everywhere: in the branching of ferns and trees, in intersecting streams and waterfalls, in clouds. It's called effortless looing and happens subconsciously. Those fractal patterns pour into our brain and relax us completely.

(Richard Taylor PHD in Real Simple magazine August 2020)

PODCAST

A podcast I have just discovered and can't get enough of is "Meditative Stories". It combines extraordinary and intimate first person stories, with calming music and meditation prompts. It is just beautiful and not quite like anything else.

A PAGE FROM THE STOICS!

Ask yourself "What's the worst that could happen"? This practice inspired by the Stoics, calls for taking a few minutes each day to catastrophize. Imagine losing everything that is valuable in your life. The point of the exercise is that it allows us to almost become instantly more grateful and aware of the magnitude of our blessings. Just stopping to wonder "what if?" What if you didn't have hot water, or your job or a home, or your spouse. The key is not to dwell on the negative possibilities – just to identify the question and become aware of how it can change your thinking. The simple act of noticing the blessings in life can make you feel like the luckiest person in the world.

(Laurie Santos PHD, host of "The Happiness Lab" podcast)

UPGRADES!

- ◆ Use square storage containers in your fridge and pantry. Unlike round edges, the angled corners fit neatly together, so not an inch goes to waste.
- ◆ Unify your hangers – in each closet have only one type of hanger. Donate old hangers to a thrift store and recycle the wire ones.
- ◆ *An over-the-door shoe organizer is great for storing cleaning supplies, accessories or toys – lots of things other than shoes and maximizes vertical space.*

(Real Simple Sept. 20)

WANT TO LEARN?

Did you know that you can take free college classes? at edx.org you can access more than 2,500 courses from schools such as Harvard and MIT.

7 TIPS FOR CLEARING OFFICE CLUTTER

- 1 Never label anything "miscellaneous".
- 2 Abandon a project – Be honest and if you are not going to complete that project, abandon it and get the stuff off your shelves and your conscience.
- 3 Beware of freebies, swag and give-aways.
- 4 Don't get organized – your first instinct should be to get rid of stuff!
- 5 Establish ownership – if there is something that you think is clutter, take the time to ask around and find out if anyone wants it.
- 6 Beware the tragedy of the many commons. Establish some system for making it clear who is responsible for any dorderly areas.
- 7 Toss unnecessary papers.

(Gretchen Rubin)

CAN YOU DO US A FAVOR?

*PLEASE, PLEASE,
RESPOND TO YOUR EMAIL SURVEY
AFTER YOUR CLEANING!!!*

*It only takes a second (also you have the option to write more if you want) and it's critical to know how we are doing.
What isn't measured can't be improved!*

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Thank You! Thank You! Thank You! – Thank You for Your Business!!!