

Teach4Endurance LLC.

“Built to Endure. Trained to Thrive.”



Mindset Reset Exercise: “The Overstimulation Cleanse”

Podcast Episode: [Overstimulation Theory](#)

Blog Entry: [The Overstimulation Theory: Why Too Much is Draining Our Energy](#)

Part 1 - Name the Noise

Take a quiet moment. Breathe in deeply. Now ask yourself:

- What's taking up the most mental space right now?
- Is it digital noise (social media, emails, notifications)?
- Emotional noise (conflict, self-doubt, expectations)?
- Environmental noise (clutter, chaos, constant movement)?

Write down the top 3 sources of “mental clutter” in your day-to-day life.

Part 2 - The 3-Filter Test

For each of the 3 sources above, ask:

1. Is this essential?

If yes, keep it. If not, move to step .

2. Is this adding energy or draining it?

Label each one. Even essentials can become drains if unmanaged.

3. Can I limit, schedule, or delegate this?

Be ruthless. Simplification is a form of strength.

Write one answer under each heading. Don't overthink. Just respond honestly.

Part 3 - Micro-Whitespace Challenge (Daily for 7 Days)

Commit to 10 minutes a day where you intentionally unplug from all stimulation. No phone, no music, no to-do list. Just quiet space. Use this time to:

-Reflect.

-Walk without a destination.

-Breathe deeply.

-Or do absolutely nothing.

***Track how this space affects your creativity, stress levels, and decision-making by journaling one sentence afterward each day.**

“Stimulation is not the same as satisfaction. More input doesn't mean more clarity. I must create space to think, so I can move with purpose.”

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