



TRANSCRIPT

# Episode 24: Working With Your Mental Health for Less Stress & More Peace

MELANIE RENEE *from A HOARDER'S HEART*

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## WELCOME

**Tasha:** Welcome to the Get Organized HQ podcast. I'm your host, Tasha Lorentz. Every week we share practical strategies for less stress and more peace as we dive into all topics life and home organization. I'm so glad you're here for this week's episode.

## MEET MELANIE RENEE

Today on the podcast, I'm sitting down with Melanie Renee from A Hoarder's Heart. And some of you may have come across her YouTube channel or even found her through the Get Organized HQ virtual conference.

She's spoken for us for several years and she is going to share some of her story today about how she has gone from being a level four hoarder to a level one hoarder, which is a huge jump, and how that has impacted her daily life and also some strategies that she has adopted to help her continue making progress and continue having a flow and rhythm to her days, even with ADHD and anxiety and all of these different things that can kind of creep in and make it difficult to have those smoothly running days.

But she has some strategies that she's found that work well for her. She's going to share those with us today and hopefully some of them can be helpful to you too.

All right, Melanie, thank you so much for coming on the podcast today.

**Melanie Renee:** Oh, thank you so much for having me. I'm excited to be here.

## A DAY IN THE LIFE OF MELANIE

**Tasha:** Yes. So I start all of these pretty much the same way and I just ask, what is it like to live a day in the life of Melanie?

**Melanie Renee:** Well, it's full of craziness, kids, and cleaning.

## THE CRAZINESS

**Tasha:** Okay, what are some of the things, what are some of the things that fall into each category? I'm particularly curious about the craziness category.

**Melanie Renee:** The craziness is how much we're jam packing into one day and to organize the timeline and how to get those tasks complete, getting the kids where they got to get, recording what needs to be recorded, editing and being a mama and keeping up with being a wife and just all the daily duties that comes with being a mom and self employed and working on your dream. It's just. It's just a lot.

## WHAT'S WORKING TO MANAGE IT?

**Tasha:** Yeah, I believe it. So what are some

things that are helping you wrangle that? Right? Like there's going to be crazy schedules and chaos. I think everyone relates to having seasons of life that are like that.

What are the things that are kind of working in managing that? Maybe it's still crazy, but the essentials are getting done, right?

## TIME BLOCKING

**Melanie Renee:** Yeah. So, I mean, the craziness is the ADHD. That's what makes it crazy. But what helps me that I do every single day is that I do a to do list with time blocking.

Now, my to do list isn't crazy. I'm not going to put like 20 things on the to do list knowing that I'm not going to get it all done.

I will pick the most important ones that I know I have to get done. Like, for example, I'm going to need to get a YouTube video created. So I have to create the intro. I have to prep. I'm going to record these scenes.

And then I have a time block on the side from like I actually have the book. I don't know if that will show, but it has a book right here. What shows? I'll turn where it has all the timing.

So I'll start it at like 9:00am, right. So 9:00am is going to be the video prep. Then it's going to be record intro. Then you know, it's just going to jot it down.

## ADDING AN EXTRA HOUR

It's very loosely writing that itinerary just so I don't lose track of time. If it goes over. That's okay. We're still recording, we're still on time. I actually give myself an extra hour towards the end to just factor in that most likely sometimes

things just run a little longer than I thought.

And then I just check off my to do list, you know, the top three things that I wanted to get done and if there's still time done at the end of the day. Okay, let's look at the last three that weren't as important.

**Tasha:** Yeah, okay. I like that. Because my question was going to be what do you do if it doesn't fit in the timeframe? But I like the idea of using time blocking but then intentionally building in a buffer.

## YOU DON'T HAVE COMPLETE CONTROL

Because I do think one of the, I guess, critiques maybe of time blocking is that you don't have complete control. Right. You never know when you are going to do something super simple and then your YouTube account locks you out, makes you reset your password.

**Melanie Renee:** Always happens.

**Tasha:** Exactly. So that stuff can really slow you down. And it's not something you probably time blocked for, right? Like spend 27 minutes trying to get back into my YouTube.

**Melanie Renee:** Yes. So I give myself that hour buffer of the what if. What if, like you said, it's not loading what if it's saying that, oh, can't log in, you know, and now it wants you to go in circles trying to answer all the questions. And what street did I live on when I was five?

**Tasha:** Let me go back my mom actually, and ask her.

## FOR THE WHAT IF'S

**Melanie Renee:** Yeah, right. So it's kind of like

Melanie Renee

I make sure that I add that hour as part of the time blocking. This is for the what ifs.

And like I said, it just, you know, it. It carries right through. And if I didn't have to use it, it's great because then I can just check off something else that was on the bottom of the list that I wasn't that worried about.

**Tasha:** Exactly. Yes. So do you use this time blocking primarily for work? Do you use this to get things done around your house? Like, how much of your day do you plan in this time blocking fashion?

### USED PRIMARILY FOR WORK

**Melanie Renee:** It's mostly for work because it's what keeps me on schedule. But I have used it for, like, the weekends as far as not as strict, just very loosely. Like, I want to get, you know, I know I have to take the kids over to soccer.

I know I have to want to, you know, do a load of laundry. I know I want to get the dishes done. I know we have to do this at this time.

It's a very loose time block in the sense of like, okay, since I have to take Brandon here at 1:00 and then we have to go over here at 4:00. In the morning, I will just loosely block off let's get the laundry done these couple of hours they're opened up. Let's do that. It's a lot looser than it is during the week.

### HAVING THAT DIRECTION

**Tasha:** Okay. Yes. And I have found I don't necessarily put times on the things that I'm writing down, but just having that direction can be really helpful of these are the things that I'd like to get done today or maybe even sometimes having an order.

And I think that time blocking helps with that. Right. If I know I need to do the laundry, I need to get onto this account and pay this bill, I need to run this errand. Like, it can kind of be a jumble. Right. It's all in your head. And which thing should I do?

And let me not do anything because I don't know which thing to do first. Like, that's kind of something. So have you found that it kind of helps you overcome that hurdle?

### OVERCOMING THE HURDLE

**Melanie Renee:** Absolutely. Because my mind's always a jumble. It's always jumbled. It's always like, don't forget that. But then do that. But then you got to go do that. Okay, well, I'll start this project so that way I don't forget about that project, you know.

So by doing that every morning when I feel like in the morning, it's almost like my mind's still waking up and it's still slow. Or I can grab it before it's starts like shooting off that I'm like, all right, I have my morning cup of tea. It's beautiful. I just woke up. Okay.

I love journaling and I love writing and I love all my pretty pens. So that kind of helps trick my mind into hyper focus. Like, I have my pretty pens, I have my pretty notebook. Let's write it all down. And then it's like, okay, I have a map of the day.

And it's like I can follow the map. If we're not exact to the map, it's okay, that's all right, we'll get it done. You know, it's just at least I have a guideline of how the day is going to lay out.

### WHEN THE DAY IS DERAILED

**Tasha:** Yes. So have you ever had a day where

Melanie Renee

it kind of like completely derails from the map that you've made?

MELANIE: Yes.

**Tasha:** So what do you do in that circumstance? Is it like, okay, well, it's 12:57, so let me look at what's on my time block for there. Or do you try to go back to where you left off? Like, how do you handle that?

## GIVE YOURSELF A TIMEOUT

**Melanie Renee:** I give myself a timeout. I just give myself a complete timeout because that means that my mind's going crazy and then it's jumbled and I'm like, all right, what do I do to give myself a time out?

It's normally when it's warmer or nicer, I'll go for a walk. And it doesn't even matter how long that walk is. It is until I can reset my brain, until it calms itself down. Normally it's like a 20 minute walk or half hour walk. And it's like, all right, I've reset my brain.

Or it could be what helps me a lot. If it's like wintertime, it's cold, it's meditation music, a lot of meditation music or whatever, like, it could be gospel music, any type of music. That's like slowing my brain down, where I can just calm myself and be like, okay, it's okay that we got out of whack.

## REGULATING EMOTIONS

It's okay. This is life. This is how life plays out. Life isn't always perfect according, according to plan. So don't expect it to be according to plan. Each and every day. It is okay if we went left when we should have went right. So now is just the time to just calm myself down, get the anxiety monster out of my head, reset.

And now, okay, my emotions feel regulated. I feel good. Now let's return to it. What would I like to start from first in the time that we have? And I just kind of go through there.

I give myself grace in everything. Because life is not perfect. As much as we want to have a perfect schedule and it fits in the schedule. Life just happens, and it's okay. It's okay if we go over our time block or we're feeling a little crazy.

**Tasha:** Yes, for sure. And I know it can be so easy to get even further and further off track. Right? So, like, it's not just that everything kind of flew out the window with the schedule or the to do list or the time blocking, but now it's like, okay, well, now I'm freaking out that everything flew out the window. And it's just.

## BRINGING CLARITY BACK

**Melanie Renee:** And that's what you have to reset. You have to reset the freaking out. Because once the freaking out has calmed down, clarity now comes back in.

That's what I do when I'm walking or the meditation music or gospel music and not doing it, just being in that moment. We're releasing the freak out so that we can focus, find clarity, and be like, all right, let's go.

## OTHER HELPFUL TOOLS

**Tasha:** For sure. So what are some of the other just tools you found in the day to day that are helping you just to have things function a little smoother, I guess, is how I'd phrase it. Right?

For whatever is filling your days. So you use time blocking. What are some of the other tools you use?

Melanie Renee

## BACKGROUND MUSIC

**Melanie Renee:** So I need background music. It's almost like with my mind, the background music entertains the jumble so that I can focus, if that even makes sense.

It's entertaining. It's normally very soothing, what I'm putting on, you know, and it just entertains me from my mind jumping and I can focus. And I'm like, okay, so whatever task I'm doing, there's always music in the background of my house.

That is another huge component for me, being able to stay focused, stay on task. That has been successful for me.

## WE ARE ALL DIFFERENT

**Tasha:** And I think that's so important to try things and figure out what works. Laura talks about how she, like, cannot work with music in the background. And she's like, what is going on? Stop making all the noise.

But then for some people, that actually is an aid in being able to focus. And I just think it's so important to acknowledge whether it's something as trivial as background music or even some bigger things, that there's so often not a right or wrong. We're different personalities. Our brains work differently.

And so just because you've, like, heard someone else vehemently opposed to background music or someone who's saying that it's the best thing ever, it doesn't necessarily mean it's right or wrong for you. It's just something you kind of have to try and see what works.

**Melanie Renee:** Yeah. And see if it resonates

with you. Because, yeah, there's things that work and there are things that people swear work for ADHD. And I'm like, oh, no. I'm like, that doesn't work at all for me, anyway.

## MELANIE RENEE'S BACKGROUND

**Tasha:** Yes. So I'm not sure of those listening. Some of them have probably met you before. Some of them maybe haven't. But can you give a little bit of your background of where you've come from in your story?

And then especially how your journey of decluttering, how has that impacted your days? Like, has that had the result of helping things run smoother? Because you really do have that, like, before and after that you can compare.

So that's kind of two questions in one, which is kind of. But if you can, let's start with going through just, like, share a little bit of what your experience has been. Maybe for those who don't know.

## A STAGE FOUR HOARDER

**Melanie Renee:** All right. Well, my name is Melanie Renee, and I have a hoarder's heart because I have hoarding disorder. And I was a stage four hoarder for a majority of my life.

And it just got to the point where I wanted to change. And the catalyst for that was my children, because they were younger and I knew I didn't want them to grow up in a hoarded house.

But especially when my oldest son would come home from my friend's house and be like, mom, I wish our house was nice and neat like Aunt Anna's. Mom, I love playing in Aunt Jenny's house. It's so clean and fun. I wish our house

Melanie Renee

was like that.

Whoa. Was that the wake up call that I needed to change? Because I was like, they notice. They notice that the mess is not right and that mommy needs to start making some changes. But how? You know, I'm so overly attached to literally everything that I didn't know where to start.

## STARTING A YOUTUBE CHANNEL

And after a long thought and, you know, talking myself into it because I talked myself out of doing it for a while, I decided that I would start a YouTube channel to talk about it. But I would hide my face because I was not ready to take any judgment. I was like, nope, you're not seeing my face. You're just going to hear my voice.

And I just started with baby step decluttering and being honest and transparent. I just started with the smallest drawer in the house and just decluttered what I could.

And from that space, I got a lot of praise from YouTube. They're like, you're doing great. Or saying, oh, now I understand hoarding. Because I literally had a full story to everything and now people were like, that's why people hoard.

There is such a deep emotional attachment to every item, not just a small handful. Everything has a story. And I would just explain my anxiety attached to it. I would explain my PTSD and how I was attached to it.

## IT BECAME A POSITIVE EXPERIENCE

But what was happening was each and every week, I was letting go of a little more and a little more with getting positive feedback.

So now the cluttering wasn't the terrifying panic ridding experience anymore. It started becoming a positive experience.

And over time, I was able to declutter a little more, a little more, and it started to become enjoyable. And today I'm finally considered a level one hoarder, which is huge in the hoarding disorder spectrum to go from a 4 to a 1.

Because to be honest, a lot of people, like normal people are considered level one hoarding, if you look at the medical, like, terms and details of it.

## WHAT WERE THE CHANGES?

TASHA; Yeah, yeah, no, for sure. That is such a, like, tangible story. Right? Like, it's one thing to talk about, like, oh, decluttering, let's talk about how to declutter, let's talk about the reverse decluttering process or whatever, but being able to hear, like, how this wove its way into your life and how you've gone through that process.

So then the second part of my question. How have you noticed your, like, day to day life shifting, having less stuff in your house, like, just. Yeah, I guess I'll leave that open ended. What are, what are the things you've noticed? Are there things you were expecting that were going to be better that aren't?

Are there surprising things that you were like, whoa, never would have guessed that, like, this would impact this totally unrelated thing.

## SAVING TIME

**Melanie Renee:** Yeah. Well, for one thing, I can find things now, so that's nice because forever I was like, I can't find this, I can't find that.

Melanie Renee



That was literally an everyday thing that I couldn't find anything and it would take me an hour to find something where now it's like, oh, I know where that's at. That's hanging up in the hook by the door. I know what that, that's in the drawer in the kitchen. I know exact where to find it.

## THE EMOTIONAL SIDE

So that part has been like a time saver, like, hugely. But I feel like because I'm hoarding, everything is emotional. So what it's played in my day to day is that if somebody was to stop over my house unannounced, I wouldn't be completely mortified to let them in.

I could very comfortably open the door, let them in, and then have the conversation and even be like a little hostess. Because before I couldn't do that. It was so terrifying. If somebody was outside my door, I would open the door, slither my way outside, even if it was like 30 degrees.

Oh, hi, how are you? Oh, we're. And I would have to tell a fib. And I hate fibbing. And I was like, oh, well, not really, because I would say the house is a mess because we are redoing something. Like, so that's why I can't let you in right now.

I mean, technically it was a truth with a little bit of a lie because it was a mess. But like, I don't have to do that emotionally. I don't have the weight of the shame of the clutter.

## LOVING HER HOME

And that for me has what's changed my day to day is that I can feel comfortable, peaceful, just like, oh, I, I love my home. Instead of my home feeling like it's a mirror for my PTSD and my

anxiety and everything that I'm doing wrong.

So by clearing out the house, it gives me that peace, that clarity. So then technically everything flows a lot easier now that it's cleared out.

## HOW LONG DID IT TAKE TO FEEL PEACE?

**Tasha:** Yes, for sure. So how long would you say that it took to start feeling some of that peace coming from the work you were doing?

**Melanie Renee:** How long? That's a good question because believe it or not, it still pops up.

**Tasha:** Oh, I'm sure. Yeah.

## IT'S DEEPLY ROOTED

**Melanie Renee:** Because it's just such a deep coding from childhood that, you know, like childhood, middle school, high school, college. It's such a deep rooted that even now, today, if someone knocks on the door, I'm like, is it okay? And then I'm like, right? Oh, yeah, yeah, it's okay.

**Tasha:** Yeah. And I think that's important to point out that just because something is improved or better or it's more like what you would like for it to be, it doesn't mean that it's never hard. I think that is really important.

But for someone who's maybe just starting out, like, how long would you tell them to expect? Like, you're going to need to work on this for days, weeks, months, like before you start to see like, it makes me think of, okay, so we're recording this in the spring, right? Like, it makes me think of, like, the first little blooms

Melanie Renee

coming out. Right?

It's, like, not spring yet, and, like, all the treetops are still totally dead, but, like, I see a little bit of green, like, it's coming.

## DEPENDS ON THE INDIVIDUAL

**Melanie Renee:** Yes. Well, I'm gonna. It's such a loaded question because hoarding has so many layers to it, and I'm trying to figure out the best way to answer that. Because it can happen as quickly as a week, it can happen as quickly as a year.

It really depends on the individual and where their mindset is. If the individual is feeling really good, really motivated, like, I had my aha moment. I am here, we are changing it, and I am clearing out the entryway, and I'm clearing out this space, and they get it done really fast, then they're going to feel that confidence a lot quicker.

But if we're going to go to the other end of the spectrum where someone's like, I'm ready, I'm scared, I don't know how to do this. And they have to do baby step decluttering or gentle decluttering, where I'm going to do, I'm going to declutter what makes me still feel emotionally safe.

## FEELING EMOTIONAL SAFETY

So it might just be five things in this space that I'm going to let go of, because that's what I feel like I can handle and that I can let these five things go. I'm praising myself, I made progress, but I'm still not feeling emotionally safe to let somebody else into my house, because I'm still building emotional safety within myself to even clear it out.

So maybe that's the answer. Maybe the answer is when you feel emotional safety within how you've cleaned the house and how you've decluttered. Once you feel that within yourself, then anyone else who comes into the house, you're going to feel safe with them too, because you're feeling safe, right?

**Tasha:** Yes. So what can you say? I mean, we could probably talk for three hours about decluttering and baby step decluttering and all of that, but I'm thinking about the people listening and wherever they fall, if they are a level four hoarder like you were, or maybe they're thinking, you know, I really don't think I have hoarding disorder, but I definitely would like to still be more comfortable, be more emotionally secure in my home.

## THE FIRST STEP

What is the first step that you would recommend someone do? I mean, maybe even today, after they finished listening to this podcast.

**Melanie Renee:** So I'm going to address the level 5 hoarder, since that is the top tier of the spectrum of it.

## BELIEVE IN & LOVE YOURSELF

And the first thing that you have to do, it's just you have to believe in yourself and you have to give yourself the self love that, I can do this. I am capable of doing this. I can start to let go at a pace that feels emotionally safe for me.

So the level five hoarder, if it's one thing, then that's where they start. And you have to congratulate yourself. You have to say, I can do this. I let go of one thing, and now I feel good. And just keep building from that.

Melanie Renee



Everyone has the potential and the strength within themselves to get up and make a change. And now, since we're talking about our house, it's going to be clutter and cleaning.

## YOUR THOUGHTS HOLD YOU BACK

Everybody has that capacity to start cleaning. There's nothing that's holding you back except the thoughts in your mind. So that's what we have to change.

Because I know as a level four hoarder, the thoughts were, I can't do this. I'm not strong enough. It's too much. I don't know where to start.

But once I started shifting those thoughts into, I can do this. I am strong enough. I want to make these changes. I can let go.

That was the pivotal point. And where the shift happens. That's when you start to move forward into changing your outside world. It all starts with decluttering your brain first, and then your outside world is going to start to match it.

## DECLUTTERING YOUR BRAIN FIRST

**Tasha:** Yeah, I like how you phrased that. That it starts with decluttering your brain first and really taking inventory of what thoughts are being repeated. Right.

I like the analogy of if I were to go outside in my yard right now and I were to walk straight across the grass to get the mail, like, it would flatten the grass slightly, but, I mean, it would all pop back up. Right.

But if, like, every single day, or even multiple times a day, I walk the exact same path to

go get the mail over the grass. Like, that's when I kill the grass in that spot. Like, that's when it's like, oh, look, we have, like, created a fake sidewalk here from my front door across the grass to my mailbox, because I just kept repeating the same thing.

And our thoughts are so much like that that if you have one thought, okay, I mean, like, maybe it was a little disturbing or like, you know, rustled something a little bit, but...

**Melanie Renee:** Not a bad day.

## MASTERING OUR THOUGHTS

**Tasha:** Yes. If you don't keep repeating that thought and solidifying that path. Know tomorrow nobody's going to know that I walked across my grass if I don't keep doing it every single day. And just like that analogy for our thoughts.

And I think that it's helpful to reduce some of the weight of our thought. Like, we know that we need to, I mean, I don't even know what phrase to use. Control our thoughts sounds so terrifying, right?

But, like, we know need to master of our thoughts and to direct our thoughts and to set our minds and things like that. And that in and of itself can feel scary. And you have that thought that you don't want to have, and what does that make you do? Think it more.

You know, like, all I'm doing is thinking about how I shouldn't think this thought.

**Melanie Renee:** And then you start spiraling.

**Tasha:** But realizing that an individual thought does not have that much power. It cannot make

Melanie Renee

a whole pathway in your brain, right?

## MEET THE NEED

**Melanie Renee:** And that you do have the power to change that thought. You can listen to the thought. You can be like, all right, I had a negative thought. It came out of fear. But that doesn't have to be my truth.

We can have it. I released it. It was a fear because I have. I had to learn how to release a lot of emotions to get to this point because it was so significantly tied to all the things.

So if I fear, like a fear, right? If I'm like, I'm really scared, I don't think I can do this. And then I'll just go internally, like, well, where is this stemming from? It's stemming from a fear, something within myself.

Why? There's a saying that I absolutely love, and it says, behind every behavior is a feeling. Behind every feeling is a need. Meet the need.

## WHAT IS THE FEAR?

So what am I scared of? What's being triggered? That I'm scared. Oh, for me, it was. I'm afraid of people making fun of me or being ashamed of me. And that's where it's rooting from.

But that has nothing to do with me getting up and cleaning. That's just the root of the fear, where it's coming from. So if I just tell myself, it's okay, we can do this, we're going to get up, we're going to clean. It's going to be okay.

We're going to enjoy it. We're going to give ourselves a little treat at the end, you know, like a little reward system. I always like to do something simple and that we can get through

this.

## REPLACING THE THOUGHTS

And then that fear tends to kind of like melt and you start to feel good, you know, you start to fill those thoughts back up with like, I can do this. I am doing this.

My space is changing. I love how this feels, you know, like, and then that I like when the positive thoughts start to spiral out.

**Tasha:** Yes. If we can have a negative thought spiral, can't we have a positive thought? Yeah, right. For sure.

Well, I hope that for those listening that this is just a helpful, tangible example of changing your thoughts and allowing that to change your environment.

## THE THINK, DO, FEEL TRAIN

I have heard the analogy before of kind of our brains and our actions and our feelings described as a train. And I think it fits really well with what you're describing of that think, do, feel train. Right.

That you really, you need to start with your thoughts, like with what you think, with what you know, and that drives your actions. And then your feelings catch up. Right.

Like, we focus on what we know. And if you start with those feelings, if you start with those fears and those anxieties, like, this is when our train gets derailed, right?

**Melanie Renee:** That's right.

Melanie Renee

## YOUR FEELINGS DON'T GET TO DRIVE

**Tasha:** It's not that we are ignoring them or saying they're bad or saying that they're not there. But they don't get to drive the train.

I think I heard someone else make the analogy of your feelings can have a seat in the car, but they don't get to drive. So like,

**Melanie Renee:** Oh, that's cute. I do like that one.

**Tasha:** But they're not the thing that's dictating where you're going. They're just a passenger. They're coming along with you. You know, you can take the anxiety with you as you clean. That's okay. It's allowed to be there. Right.

## REINFORCE POSITIVE THOUGHTS

And so trusting the process that as you reinforce those positive thoughts by following up on them. Like when you have the thought, I can do this, and then you go and do something, like, you are now reinforcing that.

And eventually over time, that will help the anxieties and things to subside. Even though, as we said, probably for none of us do they ever completely go away.

They never wake you up at three in the morning. They never show up in your dreams. You know, all of those things.

## IT GETS QUIETER

**Melanie Renee:** No, absolutely. It gets quieter. The anxiety monster starts to get a little quieter. Because things that I used to have a stronghold on maybe a year ago that I was like,

I ain't letting this go for all these reasons.

All of a sudden it's like, oh, it's got nothing to say. I can let this go. Oh, cool. And that was a new feeling for me to pick something up and have no attachment or emotion. That's still new.

But it does quiet down because you addressed it, you processed it and released it. You didn't suppress it. You honored it, you felt it, and now it's gone.

## YOU DON'T HAVE TO SUPPRESS IT

**Tasha:** And I think what you just said is key. There's a difference between suppressing something and allowing something to be there and choosing what you're going to do anyway.

You don't have to suppress something in order to not let it drive.

**Melanie Renee:** Yes, exactly.

**Tasha:** For sure. So. Well, I appreciate you sharing your story and just what has been working for you.

## LESS STRESS, MORE PEACE

One question I do like to ask everyone who comes on, and it kind of puts people on the spot sometimes. I should probably prep people that I'm going to ask. But what is one thing, whether it be an actual item or a habit that you've had? What is one thing that's giving you less stress and more peace right now?

**Melanie Renee:** Oh, yeah, that is good. Well, for me, it's actually good because I have a ton of answers for you, but I'm trying to think which is the best one.

Melanie Renee

## QUIET TIME IN THE MORNING

Honestly, it's. It's my quiet time in the morning. It truly is my quiet time. That's what sets the tone. And I mean, it's. popular practice for a reason.

So it's just getting up with your morning, either cup of tea, your cup of coffee. It's just something about the energy and the atmosphere of when you first wake up. There's such a natural peace.

## JOURNALING & DEVOTIONS

And what I like to do in that natural piece, it's, I'm either going to journal my gratitude journal or write what's on my mind. I'm either going to read my devotionals or read a verse from the Bible, or just read something and just have that moment to myself as I wake up to the day and give thanks and gratitude for everything.

I feel like that's what sets the tone that makes me successful, because I notice the days that I'm., that I don't do it. My day kind of goes a little crazy. It doesn't run as smooth. It's a little more chaotic. Even my brain's a little more chaotic.

So for me, it's just giving yourself that morning meditation, just that time to yourself, however you want to fill it. That works best for you.

## DIRECTING YOUR THOUGHTS

**Tasha:** Yeah, for sure. And I feel like that fits with exactly what we were saying. Right. Like that setting your mind that is taking your thoughts and directing them where you know you want them to be and towards positive things and gratitude and all of that. So I love that.

## GRATITUDE

And it's funny, I feel like gratitude has almost become cliché, but let's bring it back is not cliché. And as something impactful, I have noticed before, if I'm stressed or anxious or spiraling or all of those things just stopping and being like, okay, name five specific things you're grateful for.

I mean, I don't care what they are. The trees are green outside, my cup of coffee, having colorful pens for my notebook. I mean, it doesn't have to be really out there things, but it makes me slow down, first of all.

Like, I do think gratitude requires just a little bit of, like, I need to notice what's actually happening around me in order to be able to articulate which things I like that are happening around.

And so that alone helps because you're intentionally slowing down. And then, like, there is something about, like, as you kind of start to be like, well, that is a really cool, like, yeah, I am glad that the leaves are turning green outside. And like, yeah, I love having my cup of coffee.

## CALMING YOURSELF DOWN

**Melanie Renee:** Yes. And I do get to enjoy this. And what it's doing. It's like regulating your nervous system. Right. Because once you can regulate it, you're calming yourself down. Now you can, like, internalize and be like, oh, wow, I do have a lot. I am blessed.

Like you said, the sun coming up. There's something about the sun coming up that's like, just so beautiful. And like the birds singing and the trees and my cup of coffee that tastes, oh, so good, you know, like, it's those simple

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moments that it just, it just does set the tone for the day.

And I just had something. I remember a long time ago, I just thought of this because it resonated with me. A long time ago, I was going through a lot of health issues that were very hard.

### LOOK FOR THE BLESSINGS

And I remember a woman told me, she was like, she's like, God gives you blessings each and every day. You just need to pause and look for them.

And once I paused and started looking for them, all of a sudden I started feeling so much better because now we're, you know, replacing the fear monster with love and peace and joy and bringing that space into ourselves, you know?

So I know we don't want to say that gratitude is cliché, but it's amazing. It's just life, that's all. It's just a great daily practice for all of us, you know?

### WHERE TO FOLLOW MELANIE RENEE

**Tasha:** Definitely. So where can people go online to follow along with your journey?

**Melanie Renee:** Well, my main platform is YouTube. That's where I show all of my full videos twice a week. And I am building up my Instagram and my TikTok. So if you could just visit those platforms like and subscribe, it would mean the world to me.

**Tasha:** Yes. All right, well, we will link all those in the show notes. And thank you so much for coming on and just sharing your journey with

us today.

**Melanie Renee:** Oh, thank you so much for having me. I love you girls.

**Tasha:** We're so glad to have you.

Well, thanks so much for tuning in to today's episode of the Get Organized HQ podcast. I hope you enjoyed hearing Melanie's story and found encouragement from that. Definitely. Check out her YouTube video to follow along with her journey and we'll see you back here for the next episode of the Get Organized HQ podcast.