Decluttering at Home

Clutter, defined as anything you're keeping around your house that doesn't add value to your life, can zap your energy and cause you to waste time trying to find things. Clutter can also be harmful to your well-being. A 2009 study in the *Personality and Social Psychology Bulletin* found that women who described their homes as cluttered and stressful were more depressed than those who described their homes as restorative spaces.

There are many benefits to decluttering your home:

- It creates a sense of confidence and self-efficacy.
- It's energizing.
- It reduces anxiety.
- It increases awareness and involves physical activity.
- It can reduce relationship and family tension.
- It helps you find lost treasures.

If your home is cluttered and you're ready to start tackling it, it's important to create a plan.

- Set goals to help reduce frustration as you go.
- Create a sorting system to determine what to keep, what to get rid of and what to put into storage.
- Get rid of the clutter you put into the "get rid of" box by determining if it can be recycled or donated, or if there are things you can put in a garage sale.

Many people have difficulty getting rid of things they've spent their hard-earned money on or things that have sentimental value. Remember, you have options when it comes to getting rid of clutter so you don't have to feel guilty about putting everything in the trash. Mentally prepare yourself for decluttering your home using the following concepts:

- Follow the 80/20 rule.
- Get over sunk costs.
- See if it works.
- Think of the last time you used it.
- Track which items you actually use.
- Ask yourself if you love it
- Sleep on it.
- Start with small projects.
- Clear off flat surfaces.
- Keep like things together.

Sources: **psychologytoday.com***, **budgetdumpster.com***, **littlecoffeefox.com***

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