Employer session

Decluttering at Home

Presented by Dan Muncey, M.P.H.

Blue Cross® ***Virtual*** **Well-Being**

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Blue Cross Blue Shield Blue Care Network of Michigan

The webinar will begin at noon.

"Organizing is a journey, not a destination."

— *Anonymous*

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon

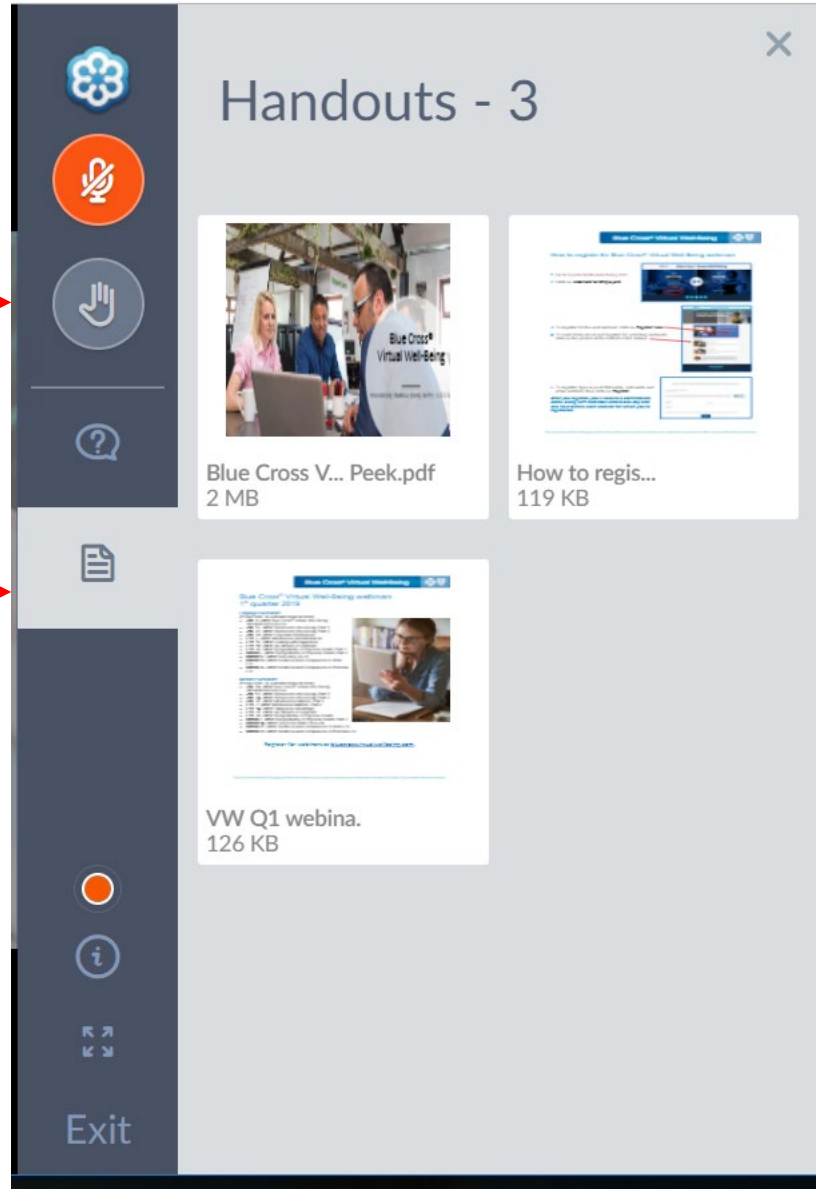
A 2009 study in *The Personality and Social Psychology Bulletin* found that women who described their homes as cluttered and stressful were more depressed than those who described them as restorative spaces.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon.
Please stand by …

- If you have a question or want to respond to the presenter, click the raised hand icon.
- Download your slide handouts from the GoToWebinar panel.

If you have technical difficulties or questions, call GoToWebinar at 1-888-646-0014.



Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Welcome to Decluttering at Home

The session will begin at 12 p.m.

This is an interactive session.

Minimize distractions.

There will be a Q&A at the end of the session.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Blue Cross Blue Shield Blue Care Network of Michigan

The webinar will begin at noon.

"If our home, car and office space feel hunky and disorganized, we tend to feel overwhelmed as if we don't even know where to start."

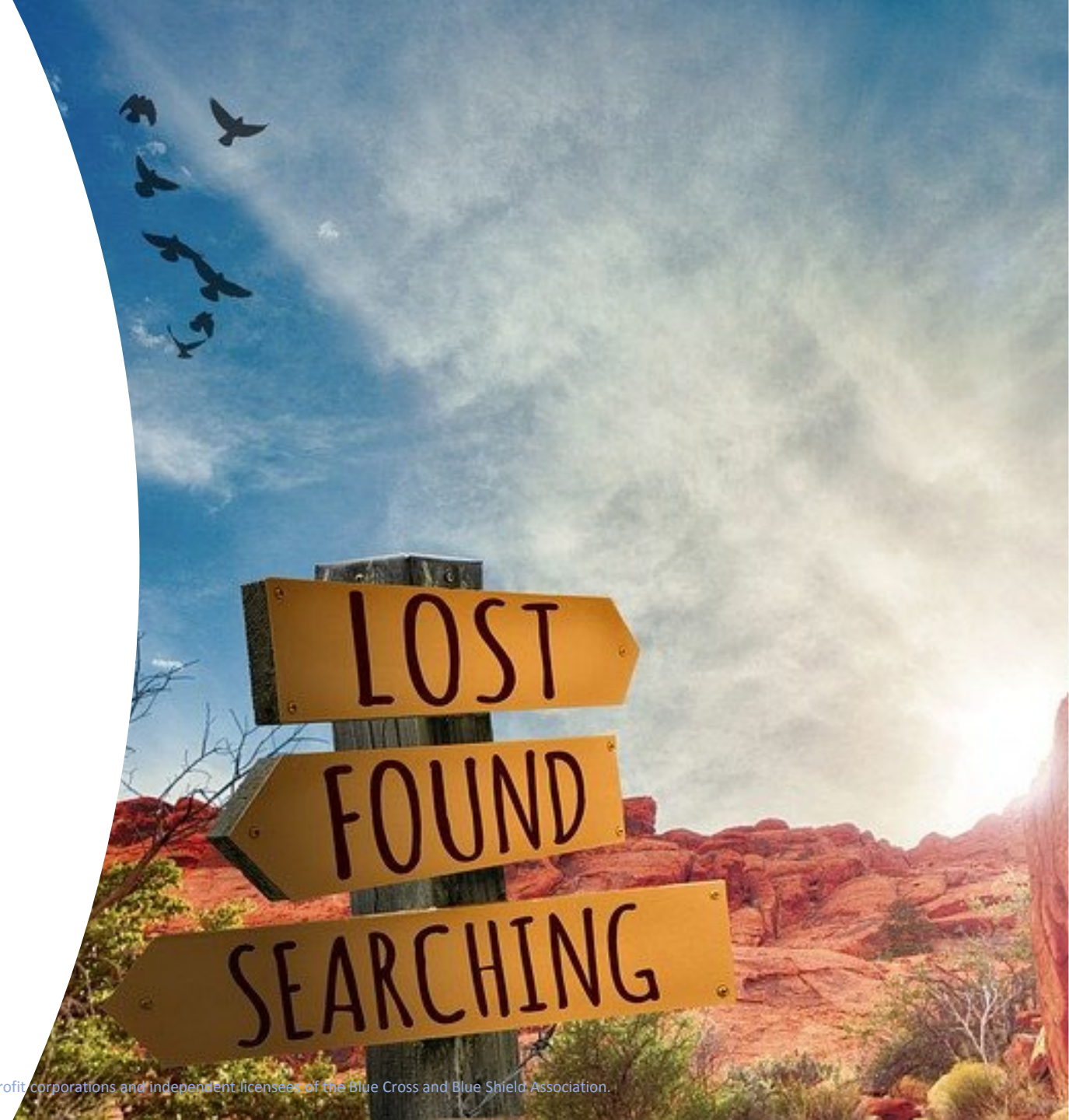
— *Sherry Benton, Ph.D., a psychologist who serves as founder and chief science officer of TAO Connect*

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon.

"The average American is thought to spend a year of their life looking for lost items."

— *The National Association of Professional Organizers*



Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Employer session

Decluttering at Home

Presented by Dan Muncey, M.P.H.

Blue Cross® ***Virtual*** **Well-Being**

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Blue Cross Blue Shield Blue Care Network of Michigan

Looking Forward to 2020

- Dec. 19, 2019
- 12 to 12:20 p.m.

Mark your calendar

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Today's presenter

Dan Muncey, M.P.H.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Today’s session:

- Benefits of decluttering
- Create a plan
- Tips to declutter your home

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Benefits of decluttering

- Decluttering creates a sense of confidence
- Decluttering is energizing
- Cleaning and organizing reduce anxiety
- Decluttering increases awareness and involves physical activity
- Decluttering can reduce relationship and family tension
- Decluttering can find lost treasures

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Create a plan

- Set goals
- Create a sorting system
- Get rid of clutter

Tips to declutter your home

- **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**

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

For more information …

- Virtual Well-Being site: **bluecrossvirtualwellbeing.com**
- Virtual Well-Being email: BlueCrossVirtualWell-Being@bcbsm.com

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Next session: Looking Forward to 2020

Dec. 19, 2019

12 to 12:20 p.m.

In this session:

- Start planning your best self through well-being in 2020.
- Get a sneak peak of what's to come for next year's program.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Questions?

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.