

Decluttering and Your Well-Being

Clutter is “a large number of things that aren’t arranged in a neat or orderly way; a crowded or disordered collection of things.” Science has shown the visual clutter around us can have impacts on us mentally and physically.

- Clutter can increase cortisol, the “stress hormone.”
- Clutter can increase negative feelings and lead to depression.
- Clutter can decrease our ability to focus and be productive
- Clutter can cause sleep loss.
- Clutter can negatively impact your weight.

Ideas to tackle clutter

Kitchen and pantry

- Hang measuring cups and spoons on hooks on cupboard doors.
- Make items you use often more accessible.
- Organize spices alphabetically or by cuisine.
- Downsize your gadgets or store elsewhere.
- Pitch expired items regularly to free up space.
- Use stacked organization.
- Decanter ingredients.
- Maximize wall space with shelves.

Bathroom and laundry room

- Control hair and bath products.
- Store loose items in baskets or containers.
- Add shelves over the toilet or washer and dryer.
- Organize toiletries by AM/PM.
- Use hooks for storage.
- Decanter laundry soap.

Basement or attic

- Use clear or colored stackable storage containers.
- Add shelving to organize bulk items and holiday cookware.
- Use pegboards for tools or craft items.
- Sort screws, nails, brackets, into containers.
- Use stairway storage area.
- Hang items from the ceiling.



Entryway

- Create a command center for keys, mail and bags.
- Store off-season coats in another area.
- Organize hats, gloves, umbrellas and scarves.
- Eliminate junk mail immediately.

Bedrooms

- Utilize underbed space for storage.
- Roll clothes to maximize space.
- Use hanging organizers.
- Use hooks, pegboards or other items to hang jewelry.
- Use gutters on walls as bookshelves.

Living or Family Room

- Cull your décor.
- Put board games into storage bags.
- Create storage area for extra blankets and pillows.
- Organize magazines, coasters and remotes.
- Rotate toys and books.
- Coil or hide cords.