



# EASY WAYS TO CLEAR OUT CLUTTER

Clutter makes you stressed and depressed. This checklist will help you reclaim your space. Check off each item as you go through this list.

Take it day by day, or all at once. How much calmer do you feel?



## THE PROBLEM WITH CLUTTER

- Raises stress hormone levels
- Reduces concentration & productivity
- Limits brain power



## REDUCE VISUAL CLUTTER

- Clear countertops and table surfaces
- Use identical hangers in closets
- Use the same storage containers in varying sizes



## REDUCE PHYSICAL CLUTTER

- Toss expired toiletries and food
- Donate or toss clothing that is stained, beyond repair, or ill-fitting
- Stick to the one-touch rule: If you pick something up, put it away or toss it
- Box up things you no longer use. If you don't miss it, donate or toss it
- Buy fewer items



## STOP IMPULSE PURCHASES

- Before you buy, ask yourself 3 questions:
- Where will I store this?
- How long will I have it?
- How will I dispose of it?
- Reward yourself with experiences, rather than things
- Unfollow stores online so you aren't tempted by sales



## BANISH MENTAL CLUTTER

- Unsubscribe from emails and newsletters that clog your inbox
- Allow yourself to let go of nostalgic items. You can still cherish the memories without the things they're attached to
- Cut out or set restrictions on activities that no longer add value to your life
- Stop multitasking. Instead, commit to finish one or two significant tasks at a time

### SOURCES

<http://repettilab.psych.ucla.edu/no%20place%20like%20home.pdf>  
<http://www.jneurosci.org/content/31/2/587>