

Cut Through The Clutter

Get ahead of spring cleaning with five ways to declutter



THE VILLAGE AT
ORCHARD RIDGE

A National Lutheran Community

There's never a wrong time to start fresh and reorganize! An overly cluttered living space is known to create additional stresses in daily life. Sick of all the "stuff?" Follow these five best ways to declutter your living space.

1. Be prepared from the start: Always make sure to start off your decluttering session by stocking up on needed essentials. Garbage bags, paper towels and cleaning products, as well as moving boxes, tape and markers should all be on your list of decluttering must-haves. Having these products on hand before you even start to reorganize your space can be a total lifesaver in the long run.

2. Keep it organized: One of the biggest problems that people run into when they are decluttering or reorganizing is making sure that throughout the process, everything remains organized. Making random piles that slowly build up over time is the quickest and easiest way to lose track of items and possessions, or even worse — accidentally throw them away! A great trick to avoid this chaos is to establish designated piles or boxes before you even start cleaning or reorganizing anything. Tape and markers are great ways to create simple labels for boxes so you'll always know where everything is supposed to go.

3. Take your time: Haste makes waste. As you begin the process of decluttering your space there is no need to rush the process. Take all the time that you need to go through each individual item and really decide what you want to do with it. Don't be afraid to relive memories that come up as you sift through items and possessions that you might not have seen in a while. Take your time to flip through that old journal, yearbook or photo album.



4. Get a second opinion: While you are the one that has the final say when decluttering and reorganizing your living space, getting a second opinion isn't a bad idea either. A second pair of eyes could be just what you need to make a decision if the process of decluttering becomes too much. A trusted individual can help you come to a decision or help you see things in different ways, making the decluttering process run much more smoothly and easier to accomplish.

5. Make it fun: Decluttering doesn't have to be a chore. There are plenty of ways to make what seems like a daunting task a quick and fun activity. Throw on some of your favorite music to pass the time. Including small, positive rewards for yourself for when you've finished your reorganizing milestones is also a good way to add positivity and motivate you to accomplish your decluttering goals. Taking yourself out for a special dinner or buying some fresh decor are just small ways to reward yourself for a job well done.



Call 540-486-2956 or visit: www.thevillageatorchardridge.org

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