

Decluttering Reorganizing

The end of summer is quickly approaching and schedules will be changing soon. Some might be adjusting to kids going back to school, other are shifting to a new work-life balance. Regardless of where you are in life, decluttering and reorganizing can help you feel and function better.



REASONS TO DECLUTTER

- **Reduced stress and anxiety:** Decluttering creates a calming environment, easing overwhelm and promoting relaxation.
- **Increased productivity and focus:** A clutter-free space minimizes distractions, enhancing focus and productivity.
- **Enhanced creativity and clarity:** Organized surroundings stimulate creativity and clear thinking, fostering mindful decision-making.



TIPS FOR ORGANIZING + DECLUTTERING

- **Start small:** Focus on one area at a time to build momentum.
- **Align items into designated spaces:** Sort items into their proper rooms before organizing.
- **Create sorting categories:** Use boxes for "keep," "donate/sell," "recycle," and "discard" items.
- **Digital Decluttering:** Organize digital files, unsubscribe from emails, clear out old apps/files, and tidy bookmarks.



BACK TO SCHOOL ORGANIZING TIPS

- **Weekly Clothing Organizer:** Use a hanging closet organizer for pre-selecting outfits each week.
- **Memory Box:** Create a labeled box for keeping cherished school year memories.
- **"Inbox" System:** Designate a tray for important papers to prevent them from getting lost.
- **Morning Routine Chart:** Develop a colorful chart to guide morning habits independently.