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New Year's Resolution: Declutter Your Home

Are you still trying to decide on your New Year's resolution? One common resolution is to declutter your home and get organized. Research shows that keeping your home organized and clutter free can have a positive impact on your happiness and physical health. In our materialistic culture, keeping the clutter out can be easier said than done.

The good news is that there are some things you can do to increase your chances of success. Start by choosing a place in your home that causes you and the people in your home a lot of frustration. Successfully organizing this space will be rewarding and will motivate you to continue making progress.

If you have a large area to clean up, try dividing the large project into smaller easy-to-accomplish tasks. When working in a room or large area, try choosing a starting point and then work in a clockwise direction around the room. You can also create a more efficient cleaning process by sorting your items into boxes or bins labeled *Keep, Store, Give Away/Sell, and Throw Away*.

Another important part of keeping your home organized is maintaining all the hard work you have done. This requires the effort of everyone living in your home. Establish a designated space for all items and return the items to that space directly after you are finished using them. If you are tight on space, consider removing an item for each new item you bring into your home.

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Sources:

"Cut the Clutter and Get Organized", Denise Dias, K-State Research & Extension.

"How Decluttering Your Space Could Make You Healthier and Happier", Matthew Clark, Mayo Clinic

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