

# Get Ahead of Spring Cleaning With Five Ways To Declutter



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:

Especially if you are planning to move into a smaller residence, mentally preparing yourself to purge a houseful of sentimental and/or seemingly necessary "stuff" may seem daunting at first. Take the process step-by-step to make it less overwhelming. Always make sure to start off your decluttering session by stocking up on some 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 timesaver 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. Try the 4-Container Method of TRASH, STORE, DONATE, SELL; or create other categories that make sense to you. Tape and markers are great ways to make simple labels for boxes so you'll always know where everything is supposed to go.

## 3. Be methodical:

Haste makes waste. Take the time 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, but don't allow yourself to get distracted.

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#### 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 family member or hired professional 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 turn what seems like a daunting task into a fun and rewarding activity. Turn on some favorite music to pass the time, and provide yourself with small, positive rewards when you finish a closet or room. Viewing your space in a new light is excellent motivation. Rewarding your accomplishments is also a good way to stay positive and keep going. Taking yourself out for a special dinner or buying some fresh flowers are small ways to reward yourself for a job well done.

Finally, it is important to remember you don't have to feel guilty about parting with items you no longer need.

