



**THE PINES**  
AT • DAVIDSON

# Our Guide to Spring Cleaning

Decluttering is a great way to reduce stress and spring is the perfect time to start fresh and reorganize. Organizing your home and reducing clutter might seem like an overwhelming task to take on but our spring cleaning tips can help make it easy and even fun! View our 5 simple spring cleaning tips below:



## 1. Be prepared:

- Make sure you have the tools you need to declutter: garbage bags, paper towels and cleaning products, as well as moving boxes, tape and markers.
- Break the process into smaller tasks and have a realistic timeline to make it less overwhelming. For example, you could make a goal to go through one room each week.

## 2. Keep it organized:

- Before you start, label boxes "Trash," "Store," "Donate," or "Sell" so you can keep track of everything (or make labels 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:

- 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. And don't feel guilty about parting with items you no longer need.

## 4. Ask for help:

- A friend, family member or a hired professional can offer an extra pair of hands if you need help.
- They can also offer advice if you're having trouble making decisions on what to keep or how to organize the items you do keep.

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## 5. Make it fun:

- While you're cleaning, turn on some favorite music or a podcast to help you pass the time.
- Provide yourself with little rewards when you finish a closet or room. Taking yourself out for a special dinner or buying some fresh flowers are small ways to reward yourself for a job well done.

When you're done, take the time to enjoy your new, clean space and the sense of accomplishment you feel! Try to make a habit of keeping it organized; put things away after you use them or make it a goal to clean up at the end of every day so it's not as big of a task the next time spring cleaning comes around.

