

Clutter & Mental Health

How clutter can be reflective & affect your mental health

What is clutter?

Clutter is a collection of items accumulated that are not necessarily used, but are held onto anyway.

Why is it sometimes hard to get rid of?

- Feeling overwhelmed
- Objects remind us of important things
- Objects have sentimental value
- Feeling guilty about throwing something away
- Finding comfort in possessions

How to remove clutter?

- **Dedicate the time** - Break up your time into manageable blocks
- **Organize** - Organize your items based on what you use everyday
- **Seek profession help** - If you're finding it difficult to clear your home, seek mental health professionals

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- **Increased stress levels** - It may become difficult to find space to relax
- **Difficulty focusing** - Increased stimuli makes it difficult to think clearly
- **Procrastination** - Sorting through clutter before beginning a task may be overwhelming
- **Difficulty with Relationships** - There may be added strain if your clutter is an annoyance to anyone you may live with.
- **Isolation** - You may not be inclined to invite others
- **Trouble Controlling Impulses** - A cluttered environment + an "out of control" mindset can make impulse control

CLEANING CHECKLIST

		DAILY		WEEKLY		MONTHLY	
			✓		✓		✓
KITCHEN	1			1		1	
	2			2		2	
	3			3		3	
	4			4		4	
	5			5		5	
	6			6		6	
	7			7		7	
LIVING ROOM	1			1		1	
	2			2		2	
	3			3		3	
	4			4		4	
	5			5		5	
	6			6		6	
	7			7		7	
BEDROOM	1			1		1	
	2			2		2	
	3			3		3	
	4			4		4	
BATHROOM	1			1		1	
	2			2		2	
	3			3		3	
	4			4		4	
MUDROOM	1			1		1	
	2			2		2	
	3			3		3	
	4			4		4	
PORCH	1			1		1	
	2			2		2	
	3			3		3	
	4			4		4	