DECLUTTER YOUR LIVING SPACE

WHAT IS DECLUTTERING?

It is removing of items that we do not need, or items that may take up our time, energy and space. Clutters can be physical items such as books and clothes, it can also be mental and emotional.

Read on to find out why decluttering is important, and how we can go about improving our quality of life!

WHY IS IT IMPORTANT TO DECLUTTER?

Decluttering creates more open space in our homes, and helps to improve our mental and emotional health.

Research has shown that physical clutters compete for our attention. Therefore, it affects our brain's ability to focus, organise, and process our thoughts effectively, resulting in decreased performance and increased stress.

HOW TO DECLUTTER?

Follow 4 simple steps to conquer the mess! Decluttering takes time and you do not need to complete everything in a single day.
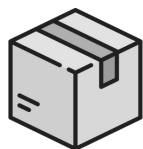
TIP: To stay clutter-free, return things to their original place and categorise the space for a specific theme of items.

1. CATEGORISE

Set aside things that you want to declutter like your old books, school notes, clothes, electronics, etc..
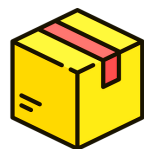
2. PREPARE 4 BOXES

DISCARD

For items that you do not need and are faulty or in poor conditions

RECYCLE

For items that you do not need and are in good condition (Donate them!)

BELONGS ELSEWHERE AT HOME

For items that do not belong to the particular space

UNDECIDED

For items that do not fall into the first 3 boxes, and you are unsure if they are still useful

3. FILL THE 4 BOXES

Fill up those boxes! For items that you are undecided about, seal the box and keep the items away. Open 6 months later to know if the items are still useful.

4. DECIDE WHAT TO KEEP

Instead of deciding what to throw, decide what you want to keep.

TIP: If you have used the items in the past 3 years, keep them! Throw the items away if they are no longer useful or helpful.

TIME TO RELAX!

After clearing up some space, you can create a corner for leisure and relaxation.

Perhaps, create a corner for reading, listening to a compilation of your favorite songs, or writing a journal reflecting about your day.