

# De-Cluttering

*- Make it an Enjoyable Process*



How do you feel when you hear the word “downsize”? Does it make you cringe? Or do you get excited to organize and simplify your life?

Unfortunately, for some, downsizing and de-cluttering is a dreaded task. It requires preparation, organization and emotional and mental strength. Letting go of items that we’ve lived with for years is a big adjustment and can be incredibly draining.

The good news is this process does not have to be this way. In fact, it can become enjoyable if approached with a positive attitude and a plan. Whether you are considering a move or just organizing your current home, de-cluttering is a skill we all need to learn. Here are some tips and strategies that may help you along the way:

## **De-clutter every week**

Spend 30 minutes each week going through your clutter. Start with a room that is not used often and pick out at least one thing every week to give away, sell or discard.

## **Make a resource list**

Write down the names of friends and family who may want some of your belongings. Then add local charities, consignment shops, or other stores that

purchase goods or accept donations. This will be a valuable list to have close to moving day.

## **Ask for help**

Sometimes it’s hard to have perspective on our possessions. Ask someone you trust to support and encourage you in this process. Get them to hold you accountable, and plan dates to go through your stuff together.

## **Take a walk down memory lane**

Part of going through your stuff is re-living the memories that are associated with various objects. Take time to remember and even share these stories. If you start to feel emotional or overwhelmed, take a break and come back to it later. Keep in mind that you don’t have to let go of everything that has sentimental value; prioritize, and keep the possessions that matter most to you.

## **Trade the old for new**

Try this: every time you buy something new, get rid of something old. This isn’t to say that you should replace all your older things with new things! But, as a general principle this can help prevent clutter. **E**

## **Kate Dusik**

Marketing Manager  
Baptist Housing Kelowna  
Baptisthousing.org