

Overrun by Clutter? These 6 Tips Will Help You Conquer It



That spring cleaning you meant to do may have gotten lost under mountains of laundry and a seemingly endless list of to-dos, but clutter may get in the way of more than just your daily schedule or tidy home.

“At the end of the day, being organized is about having more time for yourself and enabling you to live a more balanced life,” says Dr. Eva Selhub, internationally recognized resiliency expert. Follow these handy tips for easy ways to clear away the clutter, allowing for healthier decisions, improved relationship connections, and a clear space for creative expression and exercise.

Start small. Organizing your home may seem like an overwhelming endeavor, but if you break it up into small tasks, you can accomplish a lot in just a few minutes!

Make your bed every morning. It only takes 30 seconds and can make a huge difference in how clean your bedroom feels.

Keep laundry under control. Pick up clothes as you go, add them to the hamper if they’re dirty, and put items away if they’re clean.

Identify clutter hubs. Address problem areas and put something in place to help manage the mess. For example, corral errant throw blankets with an elegant blanket box.

Cable control. Wrangle those unsightly cords in just a few minutes with Velcro, zip ties, rubber bands, or stick-on hooks.

Establish a donation area. This adds an element of goodwill to your cleaning and helps keep unwanted items out of the way.