

Restore Activity Series

Declutter Your Space



**Clear Out Physical Space
to Clear up Mental Space**

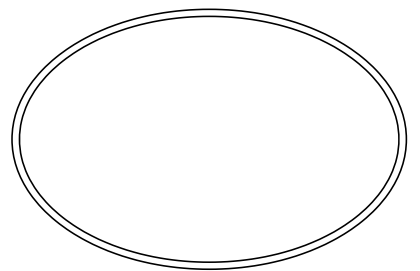
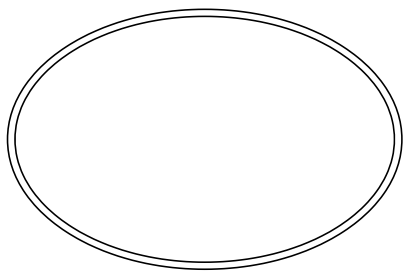
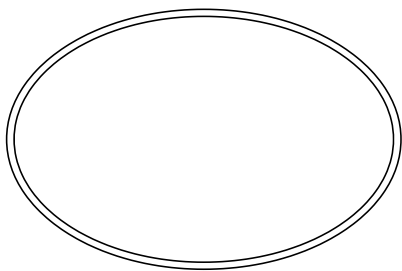
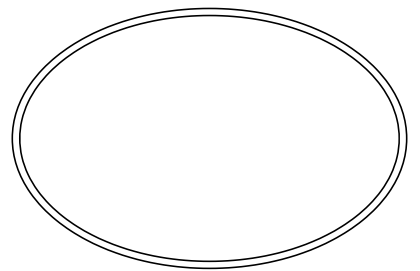
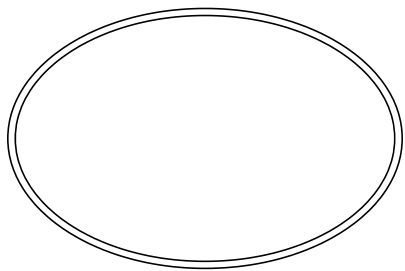
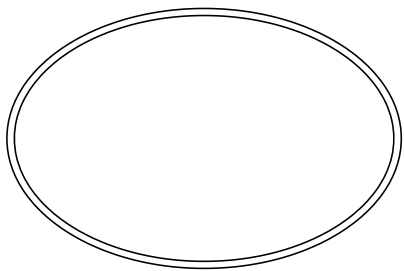
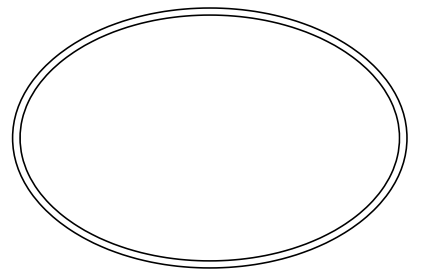
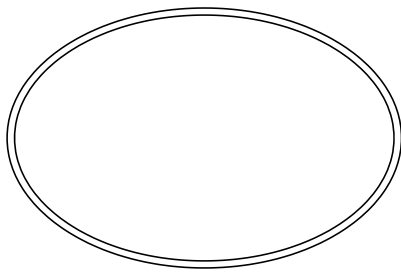
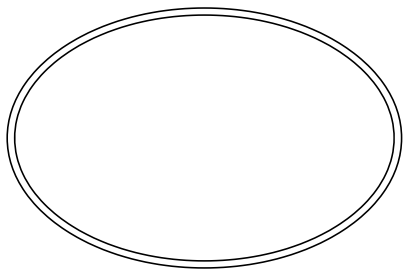
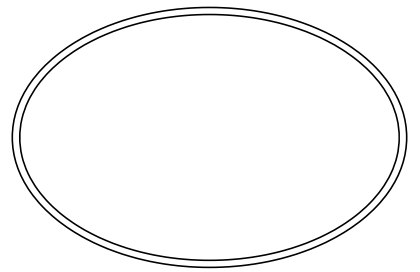
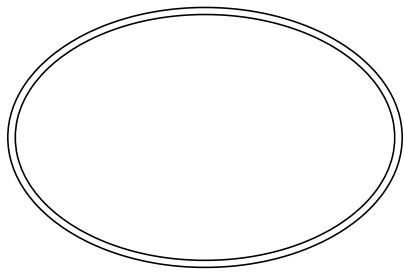
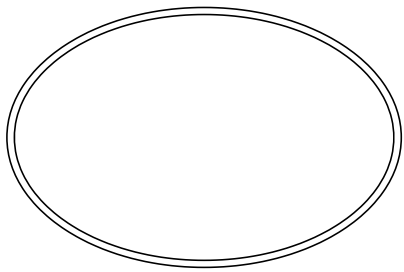
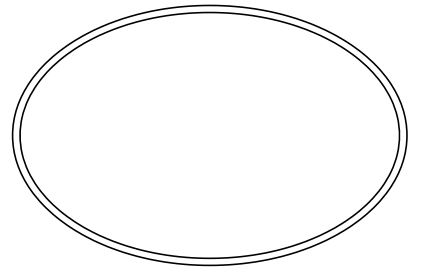
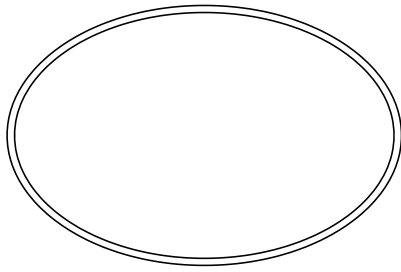
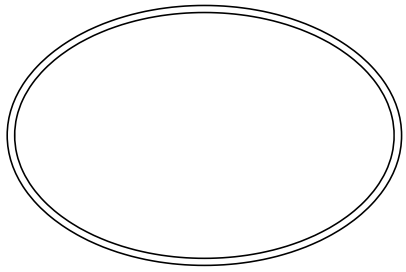
Be Mindful



While clearing out clutter can help lift a weight off of your shoulders, it can also add stress if you're struggling to find time for yourself. If you elect to declutter your home, make sure it's not at the expense of your mental health. Tidying up can absolutely wait until things get easier in your life! However, if you feel that getting rid of "stuff" will be helpful, this guide will help you tackle your home!

- Use the following to make a list of the different spaces in your home that you would like to declutter. You can list anything from each room in your home to specific locations in each room (ex. closets or drawers).
- Pick one space that you want to tackle first and begin to take inventory of the items in that location.
- Sort the items in that location into four categories - Keep, Sell, Donate, and Throw Away.
- You can use the worksheets I've included if it helps you make a decision.
- If you are unsure whether or not you should keep something, think about the last time you used that item. If you can't remember, you can probably get rid of the item. If it's a piece of clothing, think about how you felt in it.

Spaces to Tackle



Make Your Decisions

KEEP

SELL

Make Your Decisions

DONATE

THROW AWAY

The Research

Below are some key pieces of research and articles around the benefits of decluttering your space.

Aso, Yasuko et al. "Effectiveness of a 'Workshop on Decluttering and Organising' programme for teens and middle-aged adults with difficulty decluttering: a study protocol of an open-label, randomised, parallel-group, superiority trial in Japan." *BMJ open* vol. 7,6 e014687. 10 Jun. 2017, doi:10.1136/bmjopen-2016-014687.
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"A clean, well-lighted place: How less clutter can reduce stress." *Be Well*,
bewell.stanford.edu/a-clean-well-lighted-place/.

Hsin-Hsuan Meg Lee (2017) ,"In Pursuit of Happiness: Phenomenological Study of the Konmari Decluttering Method", in *NA-Advances in Consumer Research Volume 45*, eds. Ayelet Gneezy, Vladas Griskevicius, and Patti Williams, Duluth, MN: Association for Consumer Research, Pages: 454-457.
<http://www.acrwebsite.org/volumes/1024935/volumes/v45/NA-45>.

McMains, Stephanie, and Sabine Kastner. "Interactions of top-down and bottom-up mechanisms in human visual cortex." *The Journal of neuroscience : the official journal of the Society for Neuroscience* vol. 31,2 (2011): 587-97. doi:10.1523/JNEUROSCI.3766-10.2011. <https://pubmed.ncbi.nlm.nih.gov/21228167/>.

Reichel, Chloe. "<https://journalistsresource.org/studies/society/housing/marie-kondo-konmari-tidying-up-research/>." *Journalist's Resource*, 11 Feb. 2019,
journalistsresource.org/studies/society/housing/marie-kondo-konmari-tidying-up-research/.

Saxbe, Darby E., and Rena Repetti. "No Place Like Home: Home Tours Correlate With Daily Patterns of Mood and Cortisol." *Personality and Social Psychology Bulletin*, vol. 36, no. 1, Jan. 2010, pp. 71–81, doi:10.1177/0146167209352864.
<https://journals.sagepub.com/doi/abs/10.1177/0146167209352864>.