

Benefits of De-Cluttering

De-Cluttering isn't something we should do because it's the "trend." It is something we should do because it's healthy. Do you know that woman who live amongst clutter have high cortisol levels? If you don't take care of the clutter and continue to be stressed by it, your cortisol levels will stay in the "fight or flight" mode. That state is ok when you are in an emergency. But to live in that fight or flight state continually is not healthy and can cause a number of health issues. Issues like:

Suppressed immunity
Hypertension
High blood sugar (hyperglycemia)
Insulin resistance
Carbohydrate cravings
Metabolic syndrome and type 2 diabetes
Fat deposits on the face, neck, and belly
Bone loss

Some of my clients say the clutter really doesn't bother them. They are used to it and ok with it. The reason they called me is because their "spouse" is bothered by it and it's causing strife in their relationship. Well I tell them they are deceiving themselves to believe the clutter doesn't bother them. I tell them they have gradually grown accustomed to it. It's not like a truck pulled up to their home and dumped all the clutter all at once. It was gradually brought in. **So, they gradually became accustomed to it.** Once we begin the de-cluttering process and create organizational systems, they are calling me at night in tears saying how wonderful the space feels. They are sitting there just enjoying the freedom and peace they feel.

What are the benefits of de-cluttering? Well here are a few ... the list is endless:

1. You will save time. They say we spend about 55 minutes a day looking for something misplaced. That's about 1 hour a day or 2 weeks a year. Boy those two weeks could be a nice vacation.
2. There will be less stress in your life. Studies show that our moods are affected by our surroundings. Look at these stats:
 - About 80% of medical expenses are from stress related issues.
 - 53% say the clutter reduces their motivation to do anything.

- 90% of people surveyed said disorganization and clutter have a negative effect on their lives.
 - 40% of people surveyed said the clutter leaves them feeling very unhappy.
3. You'll have better sleep ... especially if one of the rooms in your home that is cluttered and disorganized is your bedroom and you bring organization to it.
 4. Clutter and disorganization are linked to depression and anxiety. De-cluttering and creating organizational systems will begin to release the depression and/or anxiety in your life.
 5. Life can and will change when you de-clutter and get organized.
 - You might look at other areas of your life and feel bold enough to make changes.
 - Perhaps you have some toxic relationships that you need the courage to end.
 - Or maybe your sleep will be better giving you energy the next day to live life fully.
 - You will save money because you aren't buying something you already own but cannot find.
 - You won't pay your bills late and you will save on late fee charges.
 - You will gain confidence!!!
 6. Direct link to organization and success! Think about our military and their command to be neat and organized ... even down to making their beds with precision. They start with the basics. One of the homework assignments I will give a client is to "make their bed every day ... without fail." I love this quote from Navy Seal Admiral Bill McRaven, *"If you want to change the world, start by making your bed."* He went on to say, *"If you make your bed each morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another."*
 7. A cluttered environment is linked to a cluttered mind. An organized environment is then linked to an organized mind. Image what can be accomplished with an organized mind.
 8. Your creativity will have a place to be released. Since your mind is freer, the creative juices will begin to emerge.

Congratulations for taking the first step in reaching your goal by purchasing **The Home Organizing Tool Kit**.

Click the next video and download the Worksheet and you are on your way!!!

Remember ... *I'm believing in You!*