

Five Easy Ways to Start Your Decluttering Process

Decluttering can be a daunting task and the hardest part may be getting motivated or knowing where to begin. Here are some quick tips to help you get started:

1. Prioritize by making a "Top 5" list

- Which areas in your home are stressful for you or are adding extra time to your routine due to clutter?
- Do you avoid going into a room because there is too much stuff and it feels overwhelming?
- Take an inventory of your home. Start small - single shelves, countertops or cabinets are often the best places to tackle first.

2. Take just 15 minutes a day to devote to the decluttering process

- Find the time by reclaiming lost time:
 - Do it while you wait for a delivery, on hold for a doctor's office or while your show is on commercial.

3. "30 Seconds or less"

- Tasks that take 30 seconds or less should be completed right away, like weeding out junk mail or washing a dish.
- Build momentum with just small tasks if you're new to decluttering.

4. Use the one-touch rule

- Aim to touch an item only once after you're done using it.
- Instead of putting it down somewhere to be dealt with later, put it back in its home right away.

5. Don't bring any new items into your home until the decluttering process is complete

- Make sure you let your family and friends know you are starting this process so they do not bring you more things.
- Wait until after you've finished decluttering to bring new stuff into your space because you have enough to deal with as it is.
- Use the one in, one out rule:
 - Make an effort to find one or more things to get rid of in its place whenever you bring something new into your home.

Email us at OTI@salus.edu for additional resources and more quick tips!