



Ultimate Guide On Decluttering Tips To Start Eliminating Your Mess



ABSTRACT

We're living in a time when many of us feel overloaded with stress. Yet many of us don't realize how our personal habits may be contributing to our angst and anxiety.

For one thing, clutter and messiness can cause distress, which may be part of the reason why the Marie Kondo tidying method and minimalism have so many loyalists. After all, decluttering (the process of putting the miscellaneous physical things around you away where they belong) not only makes it easier to find what you're looking for, it can also improve your mood and state of mind in myriad ways.

INTRODUCTION

Whether you tackle it as part of downsizing effort or simply to simplify your life, decluttering an entire home is a big job. The best way to make decluttering easier is doing it in stages—focus on one room, one space, or even one zone within a room (like your kitchen cabinets), completing the job fully before moving on to the next space. This will also build confidence as you experience visible success at each step.

I. Why Decluttering Is Important for Self-Care (and When It Isn't)



The process (and results) of putting things in their place can improve your mood and state of mind. If it puts you at ease, it can be an important part of self-care.

“It gives people a renewed sense of control over their environment,” explains Catherine Roster, PhD, a professor of marketing and director of the Behavioral Lab at the Anderson School of Management, who has studied the effect clutter has on our psychological well-being. “When people go through the process of decluttering, they feel a sense of freedom and liberation. It’s a reclaiming of a sense of mastery and control. They feel more competent and efficient.”

And while you might think spending more time at home meant more people decluttered their homes during the pandemic, Joseph Ferrari, PhD, a professor of community psychology at DePaul University who studies the causes of clutter and its effects on emotional well-being, thinks that's probably a myth.

“One of the excuses people used to say was, ‘I'd love to declutter, but I just don't have the time,’ and along comes this pandemic,” he says. But in reality, he says, financial and health-related factors likely affected whether or not people embraced the opportunity to clear their spaces of clutter. Plus, it's easy to procrastinate when it comes to tasks that seem overwhelming or stressful — like tackling your overflowing junk drawer, or sorting through the huge pile of clothes that you haven't reached for in months.

So, if your home is feeling more cluttered than ever, read on to learn why it's worth making time to start clearing things out.

Why Does Clutter Affect Our Well-Being?

Clutter affects our emotional and physical well-being in numerous ways:

Clutter in the Office Can Make Us Less Productive and More Burnt Out

The perks that come with decluttering the physical space around you aren't surprising given that exposure to cluttered, disorganized environments can compromise your attention, concentration, and focus — and even drain your cognitive resources, according to previous research on the results from functional magnetic resonance imaging (fMRI) scans.

Moreover, living in a cluttered space is associated with self-reports of reduced productivity and more chronic procrastination, according to a study published in September 2017 in *Current Psychology*.



“Clutter reflects an overabundance of possessions that collectively create chaotic and disorderly living spaces,” explains Dr. Ferrari, the study’s lead author (the paper is coauthored by Dr. Roster). “Clutter is often the result of an overattachment to our personal items, which makes it difficult to part with them. It isn’t abundance that’s the problem as much as attachment to abundance.”

Notably, procrastination and clutter can be a two-way street. A study published in January 2019 in *Environment and Behavior* (also coauthored by Ferrari and Roster) found that indecision and procrastination at work are associated with increased office clutter. The findings apply to remote workers, too, according to a study published in January 2021 *Journal of Psychology* involving 88 remote workers; it linked indecision and procrastination to home office clutter, too.

And it’s not just work performance that’s impacted by clutter. A study published in 2021 in the *International Journal of Psychological Research and Reviews* found office clutter (such as paper, trash, and office supplies) negatively affected job satisfaction and increased the risk of work-related burnout, especially for employees holding more senior roles (such as managers or company owners).

Clutter at Home May Lower Happiness and Make Us Feel Less Secure

Of course, the office isn’t the only place you’ll find clutter. Clutter in the home can negatively impact your life as well. In a paper published in the *Journal of Environmental Psychology* in June 2016 (also by Ferrari and Roster), survey responses from adults revealed that clutter can have a negative effect on subjective well-being and happiness. Though “home” is typically considered a safe and secure place, clutter compromises some of that security, according to the survey responses.

“When there’s lots of clutter, you lose control over your physical environment, which is very defeating and can bring on stress, depression, or anxiety,” Roster says.

Indeed, previous research examined how family members talked about their living environments area. Women who described their homes as being more cluttered had increased levels of the stress hormone cortisol and greater depressed mood throughout the day compared with women who described their homes as more restful and restorative. (Men did not experience the same stress or mood disruptions based on their home environment; researchers suggested that women may feel a higher level of responsibility for the home.)

Clutter Can Be a Safety Hazard

Clutter can also be a safety hazard if there are items or wires on the floor that someone can trip over, or a health hazard if your piles of stuff have become magnets for dust or bugs. In addition, clutter can become a source of tension or friction between people in the same household — especially if they have different ideas about what’s acceptable when it comes to tidiness.

Even your social life can be affected, if it gets to the point of embarrassment where you won’t have people over, Roster says.

Finally, there’s even some evidence that over time being in a cluttered space could affect your weight: A study published in January 2016 in the journal *Environment and Behavior* found that spending time in a chaotic, messy kitchen can contribute to an out-of-control mindset, and people in that type of kitchen chose higher-calorie snacks than people in a neater kitchen.

What Amount of Decluttering Helps Anxiety and Well-Being? It’s Different for All of Us

If clutter contributes to stress, can decluttering and organizing the environment around you relieve that stress and improve your sense of well-being? Yes, but know that we all differ when it comes to what’s an acceptable amount of clutter.

“Clutter is ‘in the eye of the beholder’ in the sense that some clutter might perturb some people and be totally fine for others,” explains Darby Saxbe, PhD, an associate professor of psychology at the University of Southern California in Los Angeles. Her research focuses on how our family and home environments affect our bodies and our health, and she worked on the previously mentioned study that looked at the relationship between cortisol levels and the extent to which women described their homes as “cluttered.”



According to Roster: “Clutter is a spectrum — some people with extreme amounts of clutter may think they don’t have a problem with it at all, while others can be quite distressed by it when there really isn’t much there.”

Making an effort to declutter can make you feel as if a weight has been lifted. No matter what you physically count as “clutter,” whatever is there is a constant visual reminder of things that need to be done, Dr. Saxbe explains. “Decluttering allows you to cross things off the to-do list, which gives you a sense of accomplishment. Removing clutter also takes away visual interruptions. It’s an easy way to cleanse the palate and have a fresh start.”

Paring down and getting organized also promotes greater productivity, a sense of order, and feelings of self-efficacy, as well as improving your mood. Looked at another way, tidying up, putting things away, and getting rid of piles of unnecessary stuff is a way of “managing symbolic pollution,” researchers concluded in an analysis published.

When Decluttering Is Self-Care and When It Isn’t

Of course, you can take anything to an extreme level, so if decluttering becomes an obsession or you become super strict about having everything in a specific place, you can go overboard. As Saxbe says, “If decluttering is keeping you from turning your attention to other things in your life, that’s not helpful or adaptive.”

In other words, it's important to find what works for you in this realm and be flexible enough to relinquish the reins of control when appropriate (whether that's over a weekend or special occasion or in certain places in your home or office). But it's worth the effort to find your personal sweet spot, because in the right amount, decluttering can be good for your mental and emotional well-being in many ways.

And in that respect, decluttering can certainly be a form of self-care. (Remember self-care is everything you do to tend to your physical and emotional health in the ways you are best able to do so.)

There's still more work to be done in the field of positive psychology to better define the potential benefits of decluttering, Roster says, adding that: "It's a form of self-care, just as not doing it is a form of diminishing the self."

II. Mental Health Benefits of Decluttering

If you're looking for an easy way to reduce stress, decluttering your environment may be a good place to start. Getting rid of excess stuff can benefit your mental health by making you feel calmer, happier, and more in control. A tidier space can make for a more relaxed mind.

Benefits of Decluttering

Untidy environments often increase stress for most people. In one study, women who described their homes with positive language had a lower level of the stress hormone cortisol than women who described their homes as cluttered or unfinished.

Still, the case for decluttering isn't clear-cut. Another study found that, while orderly environments are more linked to healthy choices, disorderly environments promote creativity and fresh ideas. If you value creativity, you may want to allow yourself to be a little messy in certain areas of your life.



For most people, decluttering can promote productivity and improvements in mental and physical health. Benefits of decluttering include:

Better focus. Clutter makes it difficult to find what you need. It may also distract you. Getting rid of visual clutter can help you focus better on any task at hand.

Higher self-esteem. When you have trouble staying organized, you may feel out of control. Improving your living space can restore feelings of competency and pride.

Better relationships. Conflict with family or roommates often occurs when one person can't control clutter. Also, you may be more comfortable inviting friends into your home when it's tidy.

Lower risk of asthma and allergies. You may think your house is messy but not dirty. But it's hard to clean around piles of belongings. Decluttering can prevent pests and reduce dust, mold, and mildew, which may trigger asthma and allergies.

Improved lifestyle and well-being. It's easier to prepare healthy meals in an orderly kitchen. And most people sleep better in a neat room with a tidy bed.

Tips for Decluttering Your Spaces

You'll enjoy the mental health benefits of decluttering more if you make the process low-stress. Use these tips for decluttering:

Start small. If you pick one drawer or cabinet to organize, you'll be less likely to get discouraged. The pleasure of seeing and using a well-organized space will serve as positive feedback, prompting you to do more.

Build in structure. If you invite friends over for dinner, you'll be motivated to declutter your kitchen. If you schedule someone to take your unneeded items, you'll have a target date for completing your decluttering. Make sure you allow some extra time, as decluttering can take longer than you expect.

Don't strive for perfection. There's no need to hide items that you use a lot. Also, try not to judge your spaces against those of other people.

Difficulties With Decluttering

Getting rid of possessions can be hard for anyone, especially as we get older. Here are some things to be mindful of when it comes to clutterers and decluttering:

Characteristics of clutterers

People who have trouble with clutter often:

- Struggle with time management and stop tasks before finishing
- Have perfectionist tendencies and trouble stopping and starting projects
- Are easily sidetracked, such as those with attention deficits
- Are "people persons" who spend a lot of time doing things with and for others
- Make a habit of putting things off, also known as procrastination

Older adults and clutter

The older we get, the more unneeded items we may have. Although we tend to gain fewer possessions after age 50, many older people are also less likely to sell things or give them away. In one study of people over 70, about one-third said they had not thrown out any possessions in the past year.



Sometimes, older adults don't get rid of clutter because it requires a lot of physical effort. In such cases, family members can help. It's better to handle clutter before ill health or death makes it urgent.

Hoarding disorder

Decluttering can be especially hard for people with hoarding disorder, which affects about 2.5% of Americans. Hoarding disorder was officially recognized as a psychiatric disorder in 2013. Experts first classified it as a form of obsessive-compulsive disorder (OCD) but now recognize it as a separate condition.

Researchers have found that those with hoarding disorder have intense brain activity when they think about letting go of possessions. They can't casually discard their belongings, even unneeded ones.

Those with hoarding disorder can't organize and manage their things. Still, they collect more. Hoarding disorder is treatable, though most people who have it will continue to have some struggles. Treatments include medications, therapy, and support groups.

III. How to Declutter Your Home, Room by Room

You don't need fancy tools to declutter your home, but you do need five baskets or bins defined for these five purposes:



Put Away: This container is for items that have crept out of their storage spaces. This could mean a coffee cup in the bathroom or a sweatshirt in the kitchen. These are items that will go back in their designated spots.

Recycle: This bin is for items that need to be recycled, such as paper, plastic, or glass.

Fix/Mend: Use this container for items that need further tinkering, such as a pair of shoes that you love but which need to be cleaned.

Trash: Designate one basket for items you can throw away—things that can go into the household trash immediately.

Donate: Designate one bin for items that you can donate to a charitable organization or another person. These should be items you can imagine another person wanting or needing.

You can use bins, baskets, or even just cardboard boxes for this task. Bring these bins into each room as you declutter or leave them in a central place in your home while you work. The important thing is that you don't go hunting for containers while you're decluttering—set up the bins before you begin.

Here are the best ideas on how to use these five bins while decluttering each room in your home.

The Bathroom

Start with your medicine cabinet. Take everything out and discard outdated medications, makeup, and skincare products. Put everything you're keeping immediately back into the cabinet, storing the items you use most often at eye level.

Next, move onto any cabinet drawers. Remove everything, do a quick evaluation of what you're keeping and what you're tossing. Put the items you're going to keep back into their drawers, with the items you use most often in the top drawers.



Now, do the same routine with your shower/tub. Finally, pull everything out from below your bathroom sink and declutter the items there.

Lastly, everything that did not have a home can be quickly sorted into the five baskets or bins you have staged for the purpose.

The Bedroom

First, make your bed. It's hard to feel any progress decluttering a bedroom while an unmade bed stares you in the face.

Start with your nightstands and remove anything on them that doesn't belong there and put it in your *Put Away* bin. This may include books you've already finished reading, broken eyeglasses, pens and paper, and mail. Throw out or recycle anything that you no longer use, such as empty tissue boxes, pens that have gone dry, or chargers that no longer work.

Do the same with the tops of your dressers, chests, and/or bureaus. Pay careful attention to any clothing that is strewn about. Anything that needs folding or hanging goes into the *Put Away* bin. If you're afraid it may wrinkle further, you can lay clothes down on your bed.

Go through each bureau, drawer by drawer. Take everything out. Pull out anything that is no longer worn and put it in your *Donation* bag or box. Fold and store the clothing you're keeping.

If you keep a desk or vanity table in your bedroom, tackle that next. Resist the urge to shove things back into drawers; instead, put them in your *Put Away* bin. Toss or recycle any garbage or anything you haven't used in more than six months.

Return items to their proper places. Fold or hang and store any clothing. If you're now eyeing your closet, we'll tackle that next!

Closet and Clothing

OK, deep breath. It's time to declutter your closet. The easiest way to tackle a closet is to first declutter your clothing by type. That means start with shoes, then boots, then dresses, then denim, etc.

It's much easier to decide to toss or keep a pair of jeans if you're looking at your entire jean collection at once. So start pulling out different types of clothing and decide what you'll toss and keep.



Once you've gone through each type of clothing, you will have four piles to deal with:

- Put away anything that was simply in the wrong spot. Example: If you had a pair of socks in your closet, put them in your dresser.
- Put any dirty laundry into the hamper or bring it to the laundry room.
- Anything that needs to be repaired should go to the tailor or dry cleaner.

- To get rid of clothes, take them to a donation center or consignment store (either online or a brick and mortar outlet).

The Entryway, Mudroom, and Foyer

You may not have a traditional mudroom or foyer, but you definitely have an entryway. No matter how small it is, the best way to make an entryway most functional is to declutter it regularly.

Start with any desk, console, or side tables you have in your entry. Go through each drawer, removing the contents, and make a quick decision to toss or keep each item. Go over the tops of each desk or console as well. Do you have a space for your keys and other important items? Make sure everything is accessible and not too crowded. This will make it easier to leave the house with what you need each morning.

The hall closet should be decluttered like any other closet: Start with shoes and boots, then jackets, followed by accessories.

The entry is another area that picks up a lot of clutter from other rooms. Spend time putting away things from other rooms that have made it's way to the entry.

The Kitchen

Keeping your kitchen clutter-free can be a challenge because so many different activities occur there—cooking, eating, and socializing. As a result, the kitchen has many different types of items stored in it. You can choose to declutter your kitchen by focusing one category of item at a time (cutting boards, glassware, utensils, or bakeware, for example) or going by zone through each part of the kitchen.



The first step is to completely empty each space, assess each item, and put everything back where it belongs. Start with your powerhouse storage spaces first,

such as the pantry and upper cabinets. Then move onto the lower cabinets, drawers, the space under the kitchen sink.

Finally, concentrate on your countertops. Move as many items as possible off of the countertops and into storage spaces. Keep only what you use every single day on the countertops.

Finally, take your *Put Away* bin and return anything that doesn't belong in the kitchen to its rightful storage space elsewhere in the house.

The Living Room

The living room is one of the hardest rooms in your home to keep neat on a daily basis. That's because it gets a lot of use and living rooms don't usually offer a lot of storage features. You may have some bookcases and a TV console, but they don't hide much. The key is to:

- Decide on permanent storage spaces for commonly used items such as remote controls, magazines, and books.
- Declutter this space regularly.

Start with bookcases, console, and side tables. Then move onto your coffee table and entertainment center. Empty them, assess the items they store and then return them to their proper storage spaces. Put books away; reduce paper clutter, like your mail; return remote controls to their proper places; fold blankets; etc.

Move on to electronics. Remove everything that is not connected to your television or home theater system. Are you using it? Does it work? Store items like chargers, gadgets, and gaming equipment where you use them.

Finally, tackle the toys. Assess every toy for wear and tear. Does it still function? Do your kids still play with it? Recycle or store each toy.

Grab your *Put Away* bin and return everything that belongs in another room to its proper storage space.

IV. 10 Things You Should Declutter Every Time You Move

Just think of all the space you'll have in your new place.

The moving process certainly has a downside (namely, the physical and financial burden of having to pack up and transport all of your stuff). The upside (aside from having a new place to call home) is that it presents the perfect opportunity to reassess your belongings and break free of what no longer suits you or the life you're looking to create.



Whether you're making a concerted effort to downsize or just want to better strategize, read on for a breakdown of categories and criteria to consider when deciding what to leave behind. You'll lighten your load and set your future home up for success in the process.

If you're feeling overwhelmed or having difficulty navigating the clutter, try implementing the 4 P's: **Prioritize** what you use most, **patch up** what requires only minor upkeep, **profit** off of items that are no longer of value to you, but could be to someone else, and **purge** any unnecessary items that are left over (learn how to recycle almost everything here).

Expired and Unwanted Foods

Spoiler alert: there's a good chance that a lot (or at least some) of the food you've been keeping is expired, which makes now a great time to clear out your refrigerator, freezer, and pantry. Challenge yourself to make the most of what's still good before you leave (it will be like your own season of Top Chef), and avoid waste by gifting any surplus items to a local food bank.

Cookware and Appliances You Don't Use

While you're in the kitchen, take stock of dinnerware, pots and pans, and other kitchen gadgets. Try to recycle items that are no longer of personal or functional value (such as mismatched food containers or broken appliances), and consider

donating or selling any new or gently-used but still operating extras. One person's dust-covered teapot is another person's treasure!

Old Cleaning Products and Personal Care

The products we use to maintain ourselves and our homes have a tendency to pile up over time. Weed out any formulas that have surpassed their expiration dates, along with old toothbrushes, loofahs and other sponges, which tend to be breeding grounds for germs.



Of what remains, get honest about what's actually serving you from day to day. The lipstick you had to purchase in every shade but only wear one? The window spray you bought on sale that never ceases to streak? If it's been shoved in the back of your cabinet or you don't plan to use it soon, lose it. (Some beauty brands will even recycle or offer rewards for your old containers.)

Worn Bath Towels and Mats

Keeping a few spare towels around can pay off (laundry day, pool season, and unexpected guests come to mind), but once they get to a point where they're tattered, torn, or no longer absorbent, it's time to part ways. The same goes with dirty and distressed bath mats that can't be resuscitated with a good cleaning, or won't fit in your new bathroom. In need of a replacement? Discover what makes a great towel set, and get inspired by some of our top towel picks.

Old Mattress and Pillows

One should never underestimate the power of a good night's sleep. If your mattress is beyond its lifespan (the average is seven to 10 years) or no longer provides the support you need, consider an upgrade for your new home.

Comforters and pillows, which can collect dirt, dust mites, and mold, should be replaced more frequently (allergy experts have suggested anywhere from six months to two years), especially if they can't be properly washed in between.

Clothing and Accessories You Never Wear

Take command of your closets, along with any dressers and seasonal bins, by evaluating clothing and accessories based on condition, fit, practicality, and wearability (including how well an item goes with your current lifestyle and aesthetic). As a general rule, you may want to consider donating or consigning items you haven't worn in the past year, and filling in any gaps with staples that will stand the test of time.

Furniture and Decor That Won't Fit in the New Place

Moving bigger pieces can require additional resources, so you'll want to weigh them more heavily when deciding what to keep. We suggest replacing worn, uncomfortable, and ill-fitting furnishings, along with anything that could cause a potential safety risk (such as broken or recalled fixtures), with investments that will not only look good, but also last.

Office Supplies and Paperwork

Ah, the dreaded document stack. Stop (or at least reduce) the paper trail by tossing, recycling, or—if proprietary—shredding anything you're unlikely to read or need down the line. Streamline clips and momentos by sorting them into labeled folders or binders, and breathe new life into old books and extra supplies by selling or donating them to a secondhand store or nearby school.

Outdated Electronics

Similarly, now is an ideal time to cull through that electronics or tools drawer. Untangle cords and identify as many small pieces as possible. Set aside any essentials (you can always use a backup screwdriver or charging cable), and look into wiping personal devices.

Some electronics companies offer recycling options, whereas safe, useful tools may be welcomed at some secondhand stores or your local branch of Habitat for Humanity.

Old Sports Gear

Lastly, you'll want to have an honest look at sports and recreational gear. When is the last time you threw or kicked around a ball? Will you be as likely to use that jet ski or kayak when you no longer live close to the water? If you don't have imminent plans to put old hobbies back into practice, look into donating equipment to local sports teams or summer camps to put a smile on someone else's face.

V. 7 Ways To Donate Household Items When You Move

When you are moving to a new place, it is essential to get rid of as many things as possible that you don't use anymore or misfit for your new home. Decluttering the home will make the packing process easier and quicker. You will also save a lot of packing supplies and space on the moving truck. Whether you are following a DIY move or hired professional removalists in Adelaide to pack your stuff, declutter your house at the earliest.



Delaying the process will create confusion during the packing. To get rid of the items, you can organise a garage sale and donate the rest of the items. Before you donate the excess belongings, it is essential that you know about different ways to donate your stuff. Then only the items will reach at their appropriate place, and the right people will be able to use them.

Here are the seven ways to donate household items when you move.

1. Contact NGOs

One of the best ways to donate your household items when you move is to contact an NGO. These organisations work for the unfortunate people and help them with accommodation, clothes, food, education, medicines, etc.

You can donate your household items to the NGOs who always look for such support from the people. There are many NGOs in Australia, so gather information about a few NGOs and contact one with a centre at various places, including Adelaide.

2. Help the Homeless People

There are more than 6000 homeless people in Adelaide who always seek support in any form. Instead of contacting an NGO, you can directly approach them and donate your clothes, old blankets, mattress, and other similar things, that they can use in their day to day life. If you have any packed food items in your pantry or fridge that will expire in a week, donate them to these people.



3. Homeless Shelters

The homeless shelters in Adelaide are run by the government and various NGOs. They provide food and temporary shelters to hundreds of homeless and poor people daily. These shelters often require furniture such as beds, table, chairs, kitchen items, and similar things.

Many organisations and individuals support these shelters financially but when you are moving, consider donating your furniture and kitchen items that you don't need anymore.

4. Look for School and Colleges

If you have a massive collection of books and other stationery items that you do not want to take with you, consider donating them. The best way to donate your books, educational magazines, notebooks, folders, binders, etc., is by contacting the nearby schools or colleges.

They will be more than happy to get the books from you for their library. However, if you want to move your massive collection of books in the safest possible way, opt for professionals. Just make sure you find quality removalists in Adelaide.

5. Opt for Recycle Centres

Another excellent way to donate your household items is by opting for recycling centres in Adelaide. If you have a lot of glass bottles and jars, plastic bottles, cartons, electronics and appliances that are not in working condition, give them to the recycle centres. It is also an ideal place to donate your old newspapers, telephone books, magazines, old and damaged books, office paper, comics, junk mail and light cardboard.

6. Consider the Friends, Family & Neighbours

There are many things that professional removalists do not move, and you are also not advisable to carry them in your car. Such items include firecrackers, pesticides, paint, thinner, cleaning chemicals, car battery, and similar items. Instead of discarding these items, which can pollute the environment, consider giving them to your neighbours. These are dangerous to relocate but useful for various purposes. So, talk to your neighbours and find out people need these items.



You might have items like a grandfather clock, easy chair, gym and sports equipment that are misfit for your new place but have sentimental value. Instead of selling such items online or in a garage sale, you should consider giving them to your close friends and family.

It is an excellent way to get rid of the items and achieve peace of mind knowing that your belongings are in safe hands. If you want to move any costly furniture safely, hire reliable removalists in Adelaide, South Australia.

7. Local Thrift Stores

Some thrift stores only deal in clothing, while others sell clothing, handbags, shoes, furniture, household goods and linens, art, jewellery, kitchen supplies, etc. These stores work in partnership with local charities and not-for-profit commissions. This store collects donations from people and sells them at a cheaper price. This money is used to fund many programs. So, you can consider donating your items to these stores.

Donating household items when you move doesn't have to be confusing. All you need to do is to follow the ways mentioned above. You will be able to get rid of all your unwanted items in a hassle-free manner. To carry out the entire moving process without any stress, contact the best removals company in Adelaide. The professionals will save your time and help you experience a smooth relocation.

CONCLUSION

Popular opinion: We all strive to be better. If you're setting goals to improve your relationships, career, and overall wellness, the list should start with an organized space where you can be the best version of yourself. After all, how can you constructively improve when your closet is overflowing, your entryway console is stacked with mail, your kitchen sink is filled with dishes, and your pantry is packed with expired food? That's where learning how to declutter your home comes in.

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