

LIVE SIMPLY DECLUTTER

Living in a cluttered home can drain your energy and waste your time. The National Association of Productivity & Organizing Professionals says we spend **one year** of our lives looking for lost items. That's only one of the reasons why decluttering and organizing your space could have as much of an effect on your well-being as it does on your physical space. Connect with resources by clicking the text highlighted in **blue**.*

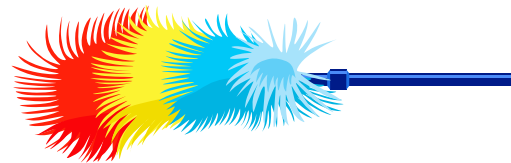
Start Small and Clean One Space at a Time



Begin by sorting the space or room into the following piles or boxes: keep, donate, sell, trash, and recycle.

List items for sale on [Craigslist](#), [Front Porch Forum](#) or eBay to make a little cash for your efforts.

Need motivation to get the job done on a deadline? Schedule a future pick-up date with The Salvation Army, Habitat for Humanity or other organization that will pick up donated items.



Practice Some Key Decluttering Long-Term Habits:

If a job takes around 30 seconds or less to do, do it immediately (i.e. putting away shoes, hanging up a jacket, putting keys on a hook).

A few times each day, put on some music and clean for 15 minutes. Your space will reap the benefits, and you will get a bit of physical activity as well.

If you bring a new item into your home, get rid of something.

Invite people over more often so you are motivated to keep your space tidy.



Organize the Things You Keep

Maintain order in your space with helpful items like drawer organizers for your kitchen and bathrooms, labeled storage containers, tubs with lids for kids toys, filing systems, and a recycling bin in your work area.



Stop Junk Mail

Visit the Federal Trade Commission's [website](#) for instructions on how to stop credit card and insurance offers, and get less mail from marketers.

(There is a \$4 processing fee to stop junk mail for 10 years.)



What matters most? Reflect on one action step you will take and why. Record your answer in the space below, or click [here](#) to take a quick survey. You can also take the survey by scanning the QR code with your smartphone.



Want to learn more? Click the links below.

- ✓ [The Cost of Clutter in Your Life](#)
- ✓ [How Decluttering Your Space Could Make You Healthier and Happier](#)

Questions?

Email BeWell@bcbsvt.com or click [here](#) for more information.

*By clicking on these links, you will be directed to third-party sites. These links are provided for informational purposes only.

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