

An Organised Home = AN ORGANISED MIND

Do you often look around and feel a sense of overwhelm when the house appears to be in chaos? You open the linen cupboard and just close it right back up again; thinking 'I'll conquer that another day'?

It's a fact that clutter and mess can significantly contribute to feelings of stress and anxiousness.

Here's just a few of the reasons you don't need excess clutter in your life:

- Clutter bombards our minds with excessive stimuli causing our brains to work overtime to process everything around us.
- Clutter distracts us by drawing our attention away from what our focus should be on.
- Excess clutter can contribute to feeling frustrated - been looking for something for 10 minutes but still don't know where it is?
- Clutter impedes your ability to be creative and productive.
- It's near impossible to relax in a cluttered space!

So if you've been looking for a sign to empty out that pantry, re-organise the bookshelf or have a toy cleanout in the kids' rooms... here's your sign. It's time to stop putting it off. Get in and get the job done because we promise you'll feel a huge sense of relief once your space is organised.

Sometimes we know what we need to do, we just struggle to get started. But here's a few top tips to tackle your home organisation in case you need some inspo:

- Firstly, turn the tunes up. Trust us.. some great music will help make this task way more fun, and the time will pass much more quickly!
- Tackle one room at a time (it's generally a good idea to start with the more frequently used rooms).
- Try and get the whole family involved; many hands make light work!
- If you don't use it, don't want it or don't need it... get rid of it! You can toss it, recycle it or donate it. But the more unnecessary 'stuff' you accumulate, the harder it is to keep it organised.

- House the more frequently used items in spaces that are easier to get to. This will help family members to put the item back in it's designated spot once it's been used. For example if you use the iron everyday, don't store the iron the highest cupboard that you need a step-stool to get into.
- It might be an idea to purchase some storage boxes or containers and something to label them with to keep similar items together.
- Take before and after photos of each space. Trust us... it will help with the ongoing motivation to keep moving through each room of the house.
- Once you're done, try and stick to putting things back where they belong as soon as you're finished with them. It really helps to do a 10 minute tidy up every evening rather than waiting until the end of the week and being overwhelmed with all the stuff piling up around you. Reward the kids for doing their bit by helping pack away the toys, or clear the dinner table, putting their shoes away, etc.

