

Cut Through The Clutter This Spring



A National Lutheran Community

Check out these five ways for older adults to declutter this month.

There's never a wrong time to start fresh and reorganize! An overly cluttered living space is known to create additional stresses in daily life. Sick of all the "stuff?" Follow these five best ways to declutter your living space.



1. Be prepared from the start:

Always make sure to start off your decluttering session by stocking up on needed essentials. Garbage bags, paper towels and cleaning products, as well as moving boxes, tape and markers should all be on your list of decluttering must-haves. Having these products on hand before you even start to reorganize your space can be a total lifesaver in the long run.

2. Try the four box method:

A great trick to avoid this chaos is to establish designated piles or boxes before you even start cleaning or reorganizing anything. Try labeling four boxes: trash, give away, keep, and relocate. This will help keep you organized in the cleaning process and once you are finished everything will have a place to go!

3. Take your time:

Haste makes waste. As you begin the process of decluttering your space there is no need to rush the process. Take all the time that you need to go through each individual item and really decide what you want to do with it. Don't be afraid to relive memories that come up as you sift through items and possessions that you might not have seen in a while. Take your time to flip through that old journal, yearbook or photo album.

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4. Don't be afraid to ask for help:

Asking for help is definitely an easy way to get cleaning done faster! Having a friend or family member stop by to help you go through things and make decisions on where those items will go could be very helpful. Sometimes having a second opinion is helpful in the decision making process.

5. Make it fun:

Decluttering doesn't have to be a chore. There are plenty of ways to make what seems like a daunting task a quick and fun activity. Throw on some of your favorite music to pass the time. Including small, positive rewards for yourself for when you've finished your reorganizing milestones is also a good way to motivate you to accomplish your decluttering goals. Taking yourself out for a special dinner or buying some fresh decor are just small ways to reward yourself for a job well done.



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