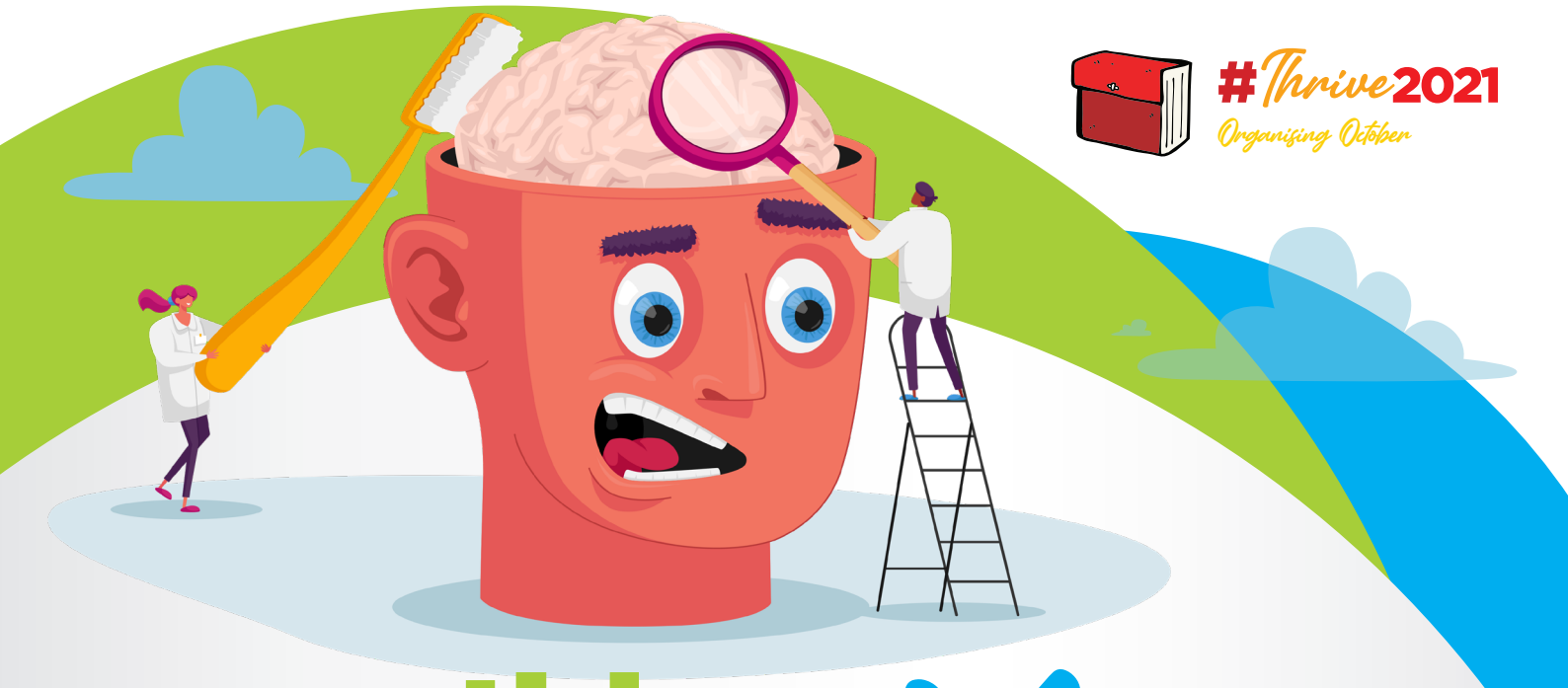
#Thrive2021
Organising October



an untidy work space & your mental Health

There are many reasons your home or work space might be a mess. Perhaps you are very busy with little time available to clean and organise, or you have too much stuff? Maybe you have young children whose chaos is challenging to keep up with?

On the other hand, when we're feeling stressed, overwhelmed or unhappy, our living space can naturally reflect these feelings. And in these instances, an untidy or cluttered home or work space could be a sign of an underlying mental health concern.

Fatigue, hopelessness and difficulty concentrating are all symptoms of depression and can often be a source of an untidy home or work space.

WHEN TO BE CONCERNED?

- You battle to find the energy and motivation to tidy up.
- The mess is a new phenomenon and out of the ordinary
- If you are typically neat and organised and suddenly don't care.

Remember, you are not alone. Reach out to the Reality Call Centre, friends and family, or seek professional help for further support.

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