#Thrive2021 *Organising October*

Are you feeling cluttered?

Clutter can be defined as something untidy or overfilled with objects. When presented with the opportunity to declutter, we're prone to think of spring cleaning our home, office space or the family garage.

However, clutter may also refer to a state or condition of confusion. It is simply more than untidiness or too much stuff, and it also takes the form of emotional and mental clutter. All of this physical, mental and emotional clutter takes away our ability to think clearly and increases our stress levels.

Declutter the physical, mental and emotional items in your life when:

They don't have a dedicated space to "live."

They no longer serve a purpose.

They are broken or in need of repair

They have become a challenge to manage

They are messy, disorganised or chaotic





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