

Simplify Your Space

A Guide to Downsizing
and Decluttering

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SIMPLIFY YOUR SPACE: A GUIDE TO DOWNSIZING + DECLUTTERING

Presenter:

Carol Ann Crouch

KSRE Extension Agent

& Director, West Plains

Extension District

We will begin at 12:10PM



**Today's Guide for a Healthy
Conversation:**

Be respectful and open to others.

**Please type your questions in the Q&A box and
comments into the chat box for our moderators.**

**Today's session will be recorded and will be
posted to our Living Well Wednesday web page
at**

www.ksre.k-state.edu/fcs/livingwellwed/

**LIVING WELL
WEDNESDAY**

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Simplify Your Space

Do you need help to clear clutter in your home to create a more restful space? With this lesson, we will provide practical strategies to sort through your belongings and make informed decisions about what to keep with the goal of creating a more organized and peaceful living environment.

* Compulsive hoarding is a mental health issue and should be treated by a health professional.

Simplify Your Space

Let's Talk- Hoarding

* It is different than clutter.

Simplify Your Space

A Hoarder -

- Accumulates beyond what is needed
- Struggles with letting go
- Has a wide range of interest and uncompleted projects.
- Will make decisions differently
- Feeling of safety and comfort
- Relationships – very few

Simplify Your Space

Hoarding Risk Factors

- Age
- Family History
- Stressful life events
- Social Isolation
- Perfectionism

Simplify Your Space

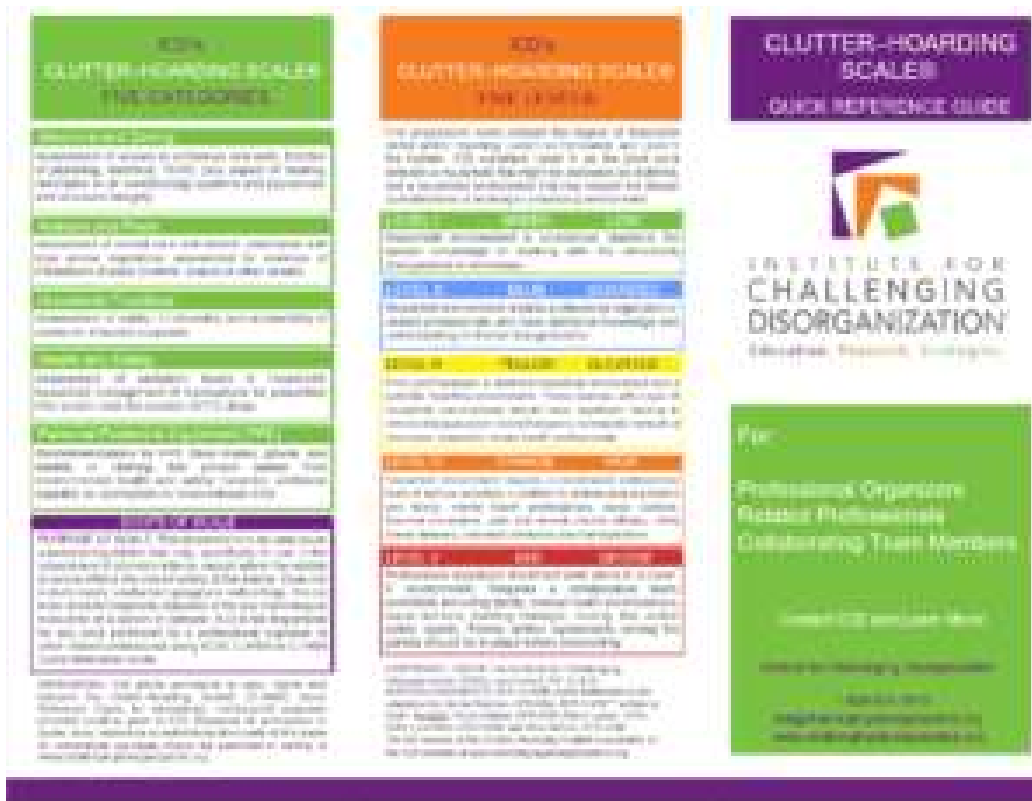
Am I a Hoarder? –

- Are you saving or collecting?
- Do you keep collecting things?
- Do you find value?
- When you try to stop, do you feel overwhelmed?
- The fear of losing?
- The amount of “stuff” make it hard to... sleep, sit, cook, bathe, or socialize?
- Have your friends and family members expressed concern?



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Simplify Your Space



INSTITUTE FOR CHALLENGING
DISORGANIZATION

<https://www.challengingdisorganization.org/resources/clutter-hoarding-scale/>



Simplify Your Space

“With organization comes empowerment.”

– Lynda Peterson

Simplify Your Space

Let's Talk- Clutter

* It is different than hoarding.

Simplify Your Space

Where to start?

Simplify Your Space

- Small areas at a time
- Slow but steady is the best way
- Try to finish what you begin
- Handle items one time (especially mail)
- Set a timer so it doesn't become all consuming
- Remove from the space the items that do not belong



Simplify Your Space

Let's get it under control!

- Paper clutter
 - Handle once or twice only
 - 7 year rotation

Simplify Your Space

Let's get it under control!

- Household items

Be patient – take small steps.

Work in one area at a time and sort your things into three piles:

1. things to **KEEP**
2. things to **DONATE**
3. things to **THROW AWAY**

Simplify Your Space

When to keep or not to keep?

- If you haven't used it in the last year, donate or toss it.
- If you don't love it, donate or toss it.
- If it doesn't have sentimental value to you and you don't use or love it, donate or toss it.
- If it has sentimental value, even if you don't love it or you haven't used it, you can keep it. IF you have a place to put it.
- Everything needs to have a home or place to stay.

Simplify Your Space

Let's get it under control!

- Obligated items
- Sentimental Value

Simplify Your Space

Additional methods to use:

- Box method
- Bag a day
- Reversed hangers
- #x#x#x# method

Simplify Your Space

Please!-

Chuck if it is:

- Broken
- Stained
- Ripped
- Outdated
- Stinky

Donate it if it is:

- No longer needed
- Have extra items
- Doesn't fit
- Does not bring you joy
- Do not like
- No space for it

If Storing:

- Label all containers
- Tape them shut and date
- Have a designated spot
- Know what you have where



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What to keep:

- Important Documents – What is important?
- Photos- old family photos
- Children's items – sentimental value
- Family heirlooms – can't just throw them out

Simplify Your Space

How do you stop the clutter?

- Stop Shopping
- Routine purging sessions – it gets easier

Simplify Your Space

Why does it continue?

People typically treat the symptoms and not the causes of clutter

Feel helpless – not sure how or where to start

Little change if no behavior change

Mental help professional

Simplify Your Space

When in doubt, throw it out.

Use it or lose it.

Give away un-needed things.

Do something NOW, not later.

Make a place for everything, and put everything in its place.

Take steps, even if they are small ones.

“Do your giving while your living, so you will be knowing where it is going” Carol Ann Crouch



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Simplify Your Space

Don't own so much clutter that you will be relieved to see your house catch fire." – **Wendell Berry**

"Bottom line is, if you do not use it or need it, it's clutter, and it needs to go." – **Charisse Ward**

"Stop waiting for the perfect time to get organized. Take this moment and make some progress." – **Heidi Leonard**



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THANK YOU FOR ATTENDING!

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Scan the QR code or follow this link:
<https://bit.ly/3zyLNF4>



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