A Guide to Downsizing and Decluttering

Carol Ann Crouch, FCS Agent/District Director, West Plains Extension District.





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:

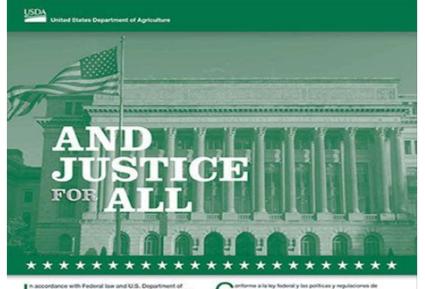
Be respectful and open to others.

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

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email:

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.



Let's Talk-Hoarding

* It is different than clutter.



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



Hoarding Risk Factors

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



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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INSTITUTE FOR CHALLENGING DISORGANIZATION

https://www.challengingdisorganiz ation.org/resources/clutterhoarding-scale/





CLUTTER-HOARDING SCALE® (C-HS8)

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- With organization comes empowerment."
- Lynda Peterson



Simplify Your Space Let's Talk-Clutter

* It is different than hoarding.



Where to start?



- 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



Let's get it under control!

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



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



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.



- Let's get it under control!
- Obligated items
- Sentimental Value



Additional methods to use:

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



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



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



How do you stop the clutter?

- Stop Shopping
- Routine purging sessions it gets easier



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



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



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



THANK YOU FOR ATTENDING!

Please take a few seconds to complete our survey. Scan the QR code or follow this link: <u>https://bit.ly/3zyLNF4</u>



Recordings or presentations & handouts will be posted on our website at <u>www.ksre.k-state.edu/fcs/livingwellwed/</u>

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