



Organizing to Reduce Stress

TIPS FOR ORGANIZING SPACES

- Store things where you use (or need) them, even if it's not where they traditionally belong.
- Give items a dedicated home so you don't have to search for them.
- Group like items so you don't need to look for items in multiple places.
- Subdivide large spaces so you don't end up with a jumbled "junk drawer" effect.
- Create a donation box so you can drop in items as you come across them.

TIPS FOR ORGANIZING TIME AND SCHEDULES

- Spend 10 minutes each evening tidying up—and involve the kids—so you can start the day in a calmer way.
- Prep for the week on Saturday or Sunday—look at the calendar for the week ahead; be aware of things in advance so you're not surprised day of.
- Plan your meals (even loosely), so you're not staring into the fridge at 6pm.

QUESTIONS TO ASK YOURSELF AS YOU DECLUTTER

- Do I feel good when I wear this item? Does it fit? Is it still in style? Have I worn it in the past year? Does this item meet the needs I have at this stage of my life?
- Do I need as many of this item as I currently have?
- Do I still use this item?
- Do I love this item?
- Do I have room to store this item (either presently or in my next space)?
- Is this item for a hobby that I used to enjoy, but no longer engage in?

- Will I read/watch/use this item again?
- Is it rare or valuable and is there a market for it if I decided to sell it?
- Do I need to keep the entire collection, or would one or two items suffice?
- This item is from a loved one, but is *the item itself* truly special?

RESOURCES FOR DONATING ITEMS

- animal shelters
 - excellent place to donate old sheets and towels
- Salvation Army, Goodwill, Vietnam Veterans, etc.
 - clothes, kitchen items, toys, books, etc. (usually not furniture)
 - some organizations offer pick-up at your home; others have drop-off hours
 - many are not accepting donations at this time
- textile recycling bins
 - accept clothes, linens, purses, shoes, sheets, etc. (donated or recycled depending on condition)
 - schools often receive some money from these bins
- ThredUp — thredup.com
 - consignment / donation for clothes in good condition and from limited brands
 - done by mail—request a kit, send it off, and get cash or credit for accepted items, or make a donation to Feeding America
- GiveBackBox — givebackbox.shop
 - print a label for any box and ship donations
 - may be paused at the moment
- libraries
 - some libraries accept book donations
- miscellaneous ideas
 - donate arts & crafts supplies to a school, day care, or senior center
 - donate gardening supplies to a school or community center with a garden
 - donate old toys and children’s books to a day care; child watch at a gym, church, or synagogue
 - leave books at a little free library (visit www.littlefreelibrary.org for locations)
 - donate encyclopedias or magazines to schools, if art teachers are looking for project materials
 - newspapers are often useful at schools; try contacting the art department