

Ways to Deal with Clutter

I keep stuff because I don't know what to toss. I can't ever find things after I put it away. My storage spaces are full. I want to be organized and have less clutter, but I just do not know where to start. Does this sound familiar? If so, here are some helpful tips from the University of Illinois Extension:

- Be realistic about repairing broken items.
- Find a buddy to help.
- Start small. Choose one area at a time.
- Start with something you can tackle. Set yourself up for success.
- Recycle it.
- Donate it.
- Sell it or consign it.
- Corral similar items.
- Dispose of duplicate items.
- Choose an appropriate container and home for items.
- Store items close to where they are used.
- Communicate what's inside with labels and/or clear containers.

Or

ACCEPT IT...The clutter may not really be a problem—it's just that you worry about it or feel guilty. Or you may be in a situation where it is not within your control to change the clutter or disorganization that frustrates you. In either case, worrying or feeling bad about the clutter probably makes the situation worse rather than better. *You can decide to stop worrying about it.* Accepting a certain amount of clutter or disorganization may be a wiser way of dealing with it.

For more information on this topic you may go to the following link:

<http://www.urbanext.uiuc.edu/clutter/dealing.html>