

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

Issue 66 - August 2014

Wardrobe worries?



Dear Friends of Organised Chaos

Welcome to the August edition of **Chaotic Times!**

I don't know about you, but it seems to me there's already a feeling of autumn in the air.

When the seasons change it tends to make us consider our clothing. Have we got suitable items for hotter, colder, or damper weather?

But what if, like many of my clients you simply have too many clothes? Maybe so many that they don't even fit into your wardrobe?



Ah, but I love clothes, you might say. Surely though if your clothes are strewn around your bedroom in heaps or stuffed into carrier bags - then they're hardly fit to wear?

Anyone in this situation will face some challenges. For a start, finding a particular garment when getting ready to go out will be a time consuming and stressful exercise.

Do you enjoy ironing?

It's certainly not my favourite activity! The thing is, if you don't hang or fold your clothes neatly you will forever be having to iron something!

Would you like a better night's sleep?

Maybe you have heaps of clothes on your bed which must be cleared every night?

You start and end your day in bed! It's my belief that above any other room your bedroom needs to be tidy and preferably on the minimalist side.

The contents of a 'busy' room command your subconscious attention and make your mind active when it should be resting. You may wake early and feel drained. Equally you might find it hard to get off to sleep.



How to deal with excess clothing

First and foremost, you must accept that you really do have too many clothes! Otherwise you will be reluctant to part with any.

Try not to get fixated by how much unwanted items cost. You spent that money, probably years ago and now you no longer wear this garment. Try to focus on what you want now rather than dwelling on the past.

Does it fit you? Does it suit you? Will you wear it again? Try to be realistic when you answer these questions.



Clothes can have sentimental connections and that's OK and understandable. If you really do need to keep an item of clothing for this reason then consider how you store it. You may not want to actually wear it, so think about storing it in a special acid free box to protect it from the ravages of time. I'm thinking of things like wedding dresses for example.

Just have an awareness that no matter how carefully you store fabric, it will deteriorate with age. My view is that it's better to hold the memory of a wedding dress and keep some photos rather than the actual dress itself. Of course that's your choice.

Sometimes clothing can harbour unexpressed sadness - the obvious candidates would be garments worn to the funeral of a loved one, for instance. If you find you're avoiding wearing that black skirt, then maybe it's because of the associations? It might be easier to send it off to a charity shop rather than be constantly reminded of an unhappy period of your life.

How I can help

Wading through bags of tangled clothing on your own is a soul destroying task. It's easy to get side-tracked and upset.

I've worked for a number of clients who wanted to sort through muddled clothing. This is a gentle process and it is always the client who makes the decisions as to what is kept and what must go.

Often people don't realise that they have 26 pairs of almost identical jeans and 14 pairs of black trousers! My method involves finding out exactly what you have before any decisions are made. Equally, I'm experienced at teasing out hidden emotions in hoarded clothes. I let my clients do the talking and I can provide insight along the way.

I worked with Jane sorting through a huge amount of hoarded clothing. At the end of her session she said:

"I feel exhilarated. I've realised I can do this. It might be a bit painful but I can do it."

Do you know anyone who would benefit from reclaiming their bedroom?

*Best regards,
Judith*

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