

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

Issue 58 - December 2013

Christmas overload?



Dear Friends of Organised Chaos

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

I can scarcely believe this is the last newsletter of 2013, but nonetheless, here we are!

I always think Christmas is an odd time of year. There is so much pressure on everyone to be 'happy' and 'festive' but for anyone who is lonely or sad, the season must ring quite hollow.



On the other hand, anyone with a large family will probably be exhausted by the time the big day arrives.

It's easy to get lost in the commercialism of Christmas, but of course thereby lies the route to the accumulation of more clutter!

This year I invite you to consider what is really important to you during the holiday. You may have some unconventional ideas, but why not indulge them? Give yourself permission to have fun.

If you find yourself cooped up with a variety of family members and the weather isn't that great, chances are that old rivalries and tensions will surface. Again, this is the ideal opportunity to ask yourself how things might be done differently, even if that has to wait until next year. You may choose not to go along with the usual plans if it just doesn't feel right for you.

You may wonder what all this has to do with decluttering!

Quite a lot actually. It's about you exploring the potential for change. Stepping away from what you've always done, stepping out of your comfort zone, maybe?

I really see decluttering as essentially introducing movement, where there has been inertia. Both literally, in regard to the cluttered items but also for the individual who owns these things.



We're all familiar with the phrase 'stuck in a rut', that's how it can feel when you're overwhelmed with clutter

So, if you're feeling 'stuck' I have a few suggestions which will have other knock-on benefits.

You could start with some decluttering - that will help you shift things in other areas of your life and you will feel invigorated.

If you simply can't face any decluttering - just get moving! Go for a long brisk walk and make this a daily practice if you can. If you don't fancy that, put on your favourite music, close the curtains and get dancing - make sure it's something lively!



It almost doesn't matter what you do - but do something! Think of the clutter as a kind of blockage in your life. In order to shift the blockage you need to deliberately raise your energy levels.

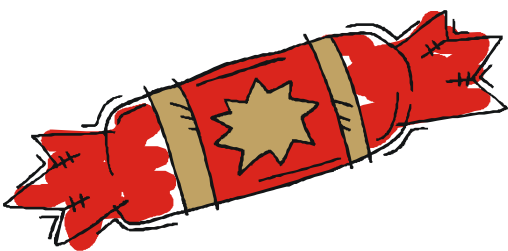
Don't go crackers this Christmas!

Do you know what your perfect Christmas might look like? Sometimes it's easy to forget to even have that conversation with friends and family. Christmas becomes like a habit - the same every year.

Under the Make Space for You banner, Clare Wildman and I are offering you a FREE e-book, ['Make Space for Christmas'](#)

Clare's exercises help you work out what *you* want - we then help you plan it so you don't end up stressed and too worn out to enjoy yourself.

My contribution, not surprisingly, centres around decluttering and getting yourself organised for Christmas with some handy tips for doing things a bit differently.



So, you're feeling stuck - how I can help!

I can help you discover where your own personal 'blocks' are. After a three hour session with me a recent client went from,

"I don't want to get rid of anything" to "I feel invigorated"

Call or [e-mail](#) me today to find out how this can work for you!

Alternatively, sign up for the FREE e-book, '[Make Space for Christmas](#)' and get lots of useful tools for managing your festive season stresses. Do it today, and make a start - the sooner the better!

MAKE SPACE
FOR YOU

Well, I wish you all a happy Christmas - whatever that means for you.

*Best regards,
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