

Chaotic Times

Organised Chaos Newsletter

"Creating SPACE -
Restoring ORDER"

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The emotional cost of clutter



Dear Friends of Organised Chaos

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

You may remember that last month we looked at the financial implications of hanging on to too much stuff.

This month is a progression from that topic. You probably haven't considered the less tangible costs of clutter. These are the emotional costs.

Are you aware of the power of your surroundings?



Think about why you might go on holiday. There's lots of reasons of course, but a big part of it is a change of scene, choosing to be somewhere away from your day to day challenges. I'm thinking deserted beaches and beautiful, clutter-free hotel rooms. Holiday destinations are always places where your problems seem a million miles away.

How do you feel when you get back home?

When you open your own front door are you glad to be home after your relaxing break?

Or do you suddenly feel the overwhelm of disorder? And the stark contrast to your holiday accommodation? Is this followed by a sinking feeling and plummeting mood?

What about friends and family?

Your cluttered lifestyle will also have an emotional cost with respect to your relationships.

Resident family members may well struggle to deal with a cluttered home and the resulting lack of order in your shared home life.

Ultimately this will lead to arguments and ultimatums. Communication becomes more difficult. It's as though the clutter is an extra person living in your home. This person is the one who currently has the upper hand and who manages to manipulate everyone else.





Has your social circle shrunk?

Perhaps you fear the judgement of friends? Maybe you've been on the receiving end of that judgement already? People who mean well, but who really don't understand your problems.

Sometimes it's just easier not to invite those people round any more.

How does that make you feel?

By now, you may begin to understand what I mean about an emotional cost. Strangely, as your physical space shrinks, due to accumulated clutter, so your life shrinks to fit this smaller more restricted space.

Max Headroom?

Do you struggle to concentrate? Believe it or not, your subconscious mind is working overtime trying to process the messages picked up by your peripheral vision.

No wonder you feel so tired all the time.

Not only will you struggle to concentrate, relaxation will be nigh on impossible. Perhaps you find a need to zone out with late night TV or a large glass of wine? This is a poor substitute for true relaxation.



Niggling health problems?

In my experience, clients have suffered from a variety of minor health issues, many of which have improved as a result of decluttering. Things like high stress levels, low self-esteem, constant tiredness, headaches, mild depression.

As an exercise, note how you feel in different environments. Does a tidier more organised room make you feel better?

How I can help

Most importantly - I am not your friend or your sister!

Obvious! You might be thinking. Well, this means that I simply have your best interests at heart. I have no hidden agenda or emotional connections to you or your possessions. I will not tell you what you should or should not get rid of or keep. The only thing that matters to me is that you've made a decision to declutter and I will be there to help you, whether that's in person or on the phone.

I want you to get the best result - for you.

Provided you are willing to put in some hard work, I can guarantee that you'll be feeling much better in a matter of hours.

My clients are a pretty inspiring bunch of people who are taking control of their own lives.

Well, I hope that's given you food for thought,

*Best regards,
Judith*

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