

Chaotic Times

Organised Chaos Newsletter

"Helping you to
clear clutter and
feel -

Better!"

Issue - May 2012
'Stop the flow of clutter'

Dear Friends of Organised Chaos

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

I was recently reminded that decluttering is not just about clearing out old and unwanted items. It's about taking steps to stop the continual *accumulation* of unwanted items.

Imagine you have a burst water pipe at home. Your main priority would be to bail out the water and stop your home from being flooded. Or would it? Surely the most important thing would be to turn the water off at the stop cock? You would then call a plumber.



If you've been living or working in a cluttered environment for some time, you might suddenly decide you've just had enough of it. Lots of my clients are at this stage when they ring me.

Understandably, they want to get on and shift the clutter so they can claim back their space, their lives, and their sanity.

Clearly this "purging" has to take place in order to achieve the desired result. But often, the client has given little thought to *why* they're in this situation.

To be honest, my client quite often 'can't see the wood for the trees'. He or she is so fixated on the desire to shift the clutter that they've ended up with some kind of tunnel vision.

Maybe you're looking around you and seeing lots of untidy piles of paperwork, but you're not really sure how it all came to be such a muddle?

You're not alone! Lots of my clients feel exactly the same way.



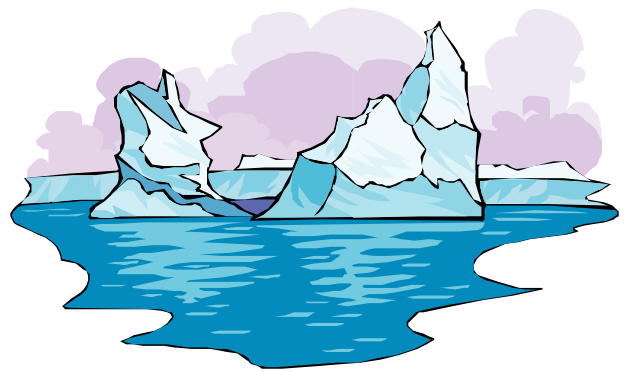
When I work with a client on a decluttering project, I'm not just shifting clutter. My mind is busy assessing the nature and content of the clutter, which enables me to understand why the problem exists.

Of course we don't work in silence, so I will also ask questions and encourage my client to tell me how they feel about the things we are uncovering. I can then use this insight to help my client.

For instance, it might be that a simple change of habit can effect a big reduction in incoming clutter. Last month I [blogged](#) about how the simple decision of [where to locate your shredder can impact on the amount of junk mail you have lying around!](#)

This is just the tip of the iceberg.

What habits do *you* have that promote the inward flow of clutter into your life?



Are you hooked on glossy magazines?

What happens to them when you've read them? Do you have a magazine subscription but have lost interest? Be realistic, if you don't have time to read the magazines, then don't buy them, or cancel your subscription.

Save yourself the job of having to store them in the loft or the garage, and then one day, having to take them all to the tip. The same goes for professional magazines, they really are only any good if you have the time and inclination to read them.

It's a similar story for mail order catalogues. One of my former business clients bought most of her clothes from catalogues. She also purchased workwear in the same way.

Unfortunately, my client would sign up for a catalogue on a whim and probably not even buy anything. She didn't think to declutter last season's catalogue when the new one arrived. When they sent notices of end of season sales and special offers, she kept them. It's little wonder that her office was bursting at the seams.

Don't for one moment think that this only applies to paperwork! Clutter seeps into our lives via the internet and e-mail in an even more insidious way.

If you're someone who has several thousand e-mails in your inbox, how does that make you feel? In control? I suspect not.



Again, deal with this at source. Make sure you have a good filter, this keeps out most of the junk. There's no point deleting loads of e-mails from months ago, if they're still arriving in their hundreds. Unsubscribe from any newsletters you've lost interest in. Yes, even this one, if you have no desire to be more organised! If you want advice on reducing the amount of junk e-mails you get, then contact your local computer maintenance man - he's sure to have some sound advice. Again, there's more on [managing your e-mail inbox](#) on my blog.

Well, that's all for May. I'd love to hear what habits you can address to reduce you incoming clutter, and of course if you need help with that, you know where I am.

*Best regards,
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