

# FROM CHAOS TO CALM: DECLUTTERING YOUR MIND AND SPACE



# ABSTRACT

Jumping into a home makeover? Super exciting, right? But, oh boy, when clutter starts crashing the party, that thrill can quickly turn into a bit of a headache. Picture this: piles of stuff everywhere, getting in the way of your grand visions. It's like trying to paint a masterpiece with a cluttered palette.

But here's the good news – with a dash of decluttering magic, you can whisk away the chaos and set the stage for a smooth-sailing remodel. Let's dive into some handy tips to kick the clutter to the curb and make your home transformation as breezy as a beach vacation.

# INTRODUCTION

What used to be an old wives tale has become a surprisingly powerful tool for many, especially in an era where so many of us work from home. It's one thing that is hard to start but always so worth it, and you feel good when you get it right.

If you're feeling overwhelmed and stuck, then the practice of decluttering is just what you need. It surprises people that sorting and organizing stuff can directly influence mental well-being and productivity. This timeless concept with seemingly endless methods and even more claimed benefits is what we're tackling today. Today, I cut through the noise with my favorite techniques, reasons, and tips.

## I. What is Decluttering?



Why are people so captivated with decluttering?

- You can function better because everything is in its place.
- With less stuff and less piles of stuff, it's easier and faster to clean.
- It eases conflict in the home.
- It helps you to detach yourself from 'stuff' so you can focus on more intangible things.
- It makes you more aware of your spending or collection habits, which helps you make more mindful decisions about future purchases (or saying 'yes' to free stuff).

## What Actually is Decluttering?

- It is an action that one takes.
- It means removing unnecessary items from an untidy or overcrowded place.

Where do you put the items that you have removed? This is the challenge faced by most homes, and business owners too. They have limited space, even when you count the basement, attic, garage and shed. Moving to a bigger house or renovating to add more space are not often realistic or feasible options.



With no space, people often quickly act by throwing out, recycling, or donating cherished personal belongings that they still wanted, but had no room for. In these cases, they have moved from decluttering to living a more minimalism-like lifestyle, which may not be what you intended. It's ok to have stuff, and some people like to be surrounded by their stuff or have it close by. They just need more space.

## So, how do you get more space? With local affordable self-storage!

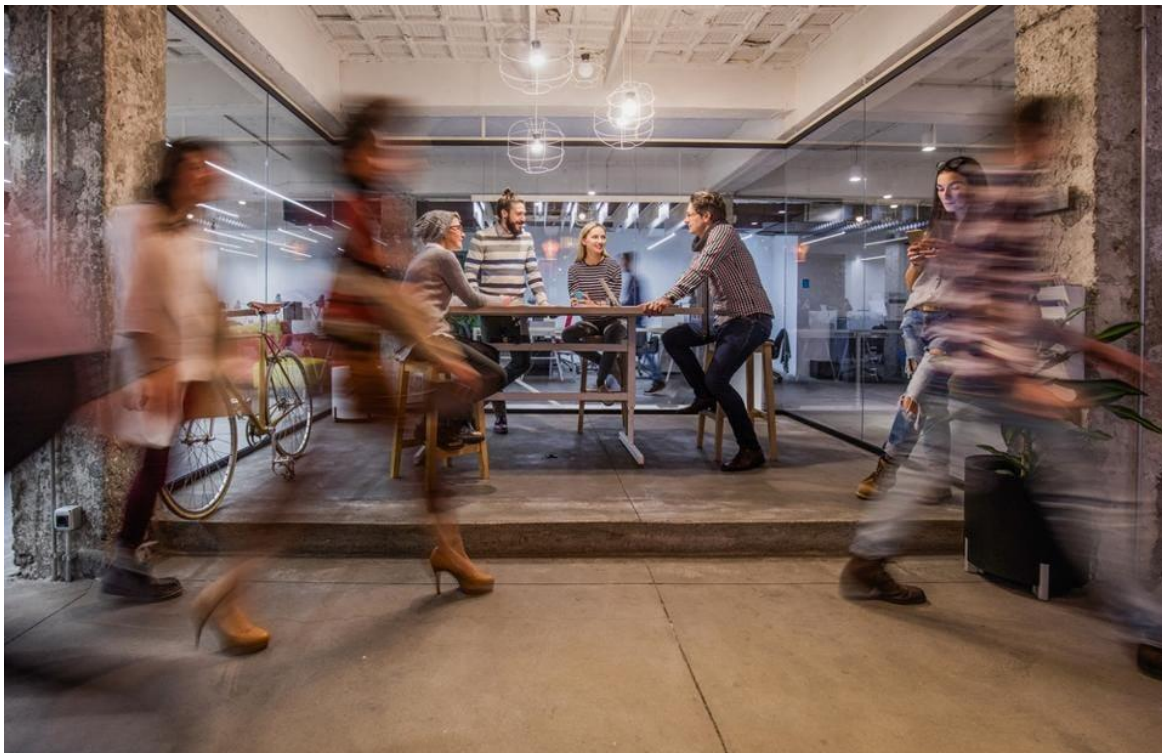
By renting a local self-storage unit:

- You have a more spacious, organized home that is livable.
- You don't have to sacrifice the things that you love and enjoy (or want to love and enjoy but can't because you honestly have no room for it at home).
- You have more time and breathing room to deal with belongings and make those tough decisions on whether they're worth keeping or not. No more rash decisions.

A huge benefit of using self-storage as your extra space is that you can use it all year round as your off-site shed, workshop, basement or attic. Your vintage record collection, school memories, hockey cards and cherished baby clothes and toys you want to pass on to your next generation all have a secure space to call home.

It's perfect for seasonal storage too. In the summer, you can store items like snow suits, Christmas decorations, a snow blower, sleds, outdoor equipment and seasonal clothing. In the winter you can store a kiddie-pool, lawnmower, BBQ, wheelbarrow, patio furniture, fishing and sports equipment and your kayak or canoe. Self-storage units are perfect year-round.

## II. Seven Simple Ways To Declutter Your Mind



It's no wonder, either, when you consider all the "stuff" we have going on every day. The phone pings... the emails fly in... the PMs and DMs come thick and fast—and no matter the time of day or night. If it's not Facebook, it's LinkedIn, Instagram, TikTok, WhatsApp, Clubhouse and all the others, constantly trying to shout over the top of each other to compete for your attention.

It's draining, sucking every last shred of energy you have. And that's before you even attempt to get anything useful done. Our minds are taken over by the wants and needs of everyone else. Over the years we've heard a lot about a cluttered work or home space, but we may have never really understood that the way we live has also cluttered our minds.

A jumbled mind can consist of:

- ruminating
- concentrating on overly negative thoughts
- worrying about issues you can't control
- clinging to unpleasant feelings and memories, such as bitterness, wrath, anger and melancholy
- keeping a mental to-do list that contains unfulfilled desires and aspirations
- the presence of outside disturbances and ongoing sensory input

Your time and mental energy are wasted when your head is cluttered.

Constantly allowing your mind to be cluttered causes mental disarray, distraction and disorder that hinders your ability to set priorities, make choices, maintain focus and be productive.

And then you may find yourself desperately searching for someone who can help you "fix" your problems and get back on track. The reality is this: If you let the mind clutter go, you'll solve your own problems and you'll move forward in a very different way.

It's time to stop engaging in thought patterns that prevent you from achieving your maximum potential. You must become more deliberate about where you focus your attention and how you use your time and energy if you want to strengthen your mental muscles and clear away the clutter in your head. Then you will be able to break free from unhelpful thought patterns that are keeping you locked—and cluttered—in your head.

Here are seven simple ways you can ditch the mind clutter:

**1. Get quality sleep:** This is the number-one way to give your mind a break. Not only does it help you wake up refreshed, but it also gives you the opportunity to let your body relax. Create a routine that helps your body prepare for, and then transition into, quality sleep. Turn off the Wi-Fi at home; put your phone into flight mode, and then leave it in another room.

**2. Meditate:** You can train your mind to become clearer by making a commitment to regular meditation practice. Sitting in meditation can help you to establish your priorities and improve your ability to focus, eliminate distractions and reduce confusion.

**3. Journal:** Getting your thoughts out of your head and onto paper can help you to stop worrying about things in your mind. Journaling is a form of writing that allows you to explore what you're feeling and expand your "pondering" about different topics.

**4. Write a to-do list:** Writing things down—physically or electronically—will make it easier to see what needs to be done. Methodically moving through the list can also help you to make sure you don't forget things.

**5. Get outside:** Spending time outside—preferably in an area with trees, grass and plants—is a great way to give your mind a break. According to studies, spending time outdoors has positive effects on mental health, such as lowering anxiety and depression. In many ways, being in nature renews, revives and energizes both your body and your mind.



**6. Take regular breaks:** We all need to create some space in our lives to unwind, relax and recover. The great news is that taking a five-minute break a couple of times a day counts, so you don't need to get stressed if you can't manage a week-long vacation somewhere. Small amounts of time, taken regularly, are powerful reset tools that can help your mind to relax and relieve pressure.

**7. Reduce the noise:** We live in a sensory-overloaded world, and it can feel like the world is shouting at you. You don't have to go on a week-long digital detox to give your mind a break. Instead, turn off notifications on your social platforms, your email

and apps, and then set times when it works for you to go in, briefly check what's happening and then step out again.

We live a fast-paced life where we're connected 24/7, and the demands of the world have a way of finding us—no matter where we are. That isn't going to change anytime soon. If anything, it will likely only get faster and more demanding.

That means that it becomes important for us to focus on the things we allow to influence the way we live. We have a choice in everything we do in life. Isn't it time to get very deliberate and consciously create the way our life is going to go?

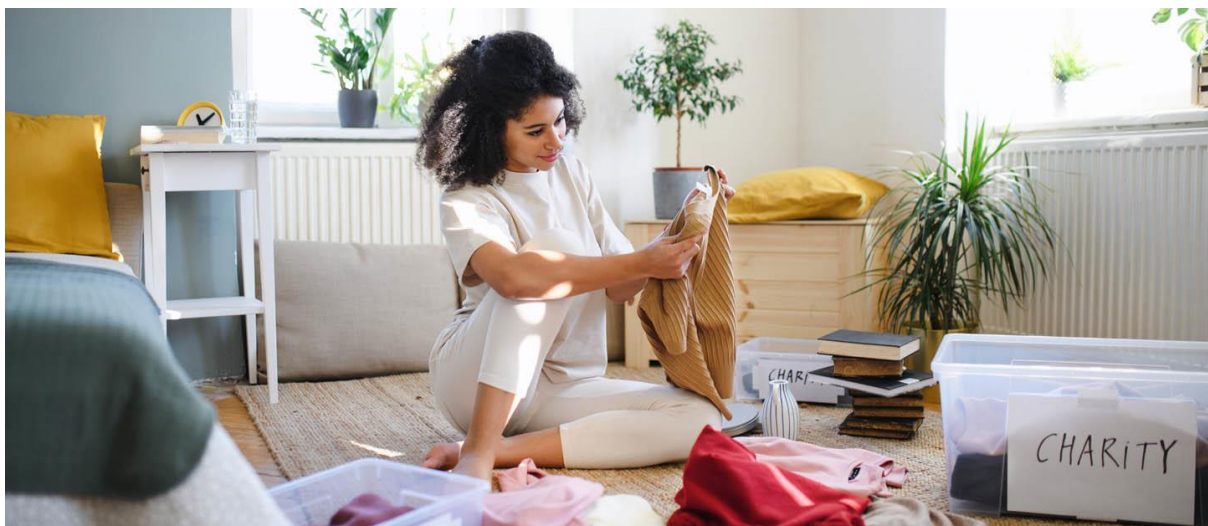
### III. Mental Health Benefits of Decluttering

If you're looking for an easy way to reduce stress, decluttering your environment may be a good place to start. Getting rid of excess stuff can benefit your mental health by making you feel calmer, happier, and more in control. A tidier space can make for a more relaxed mind.

#### Benefits of Decluttering

Untidy environments often increase stress for most people. In one study, women who described their homes with positive language had a lower level of the stress hormone cortisol than women who described their homes as cluttered or unfinished.

Still, the case for decluttering isn't clear-cut. Another study found that, while orderly environments are more linked to healthy choices, disorderly environments promote creativity and fresh ideas. If you value creativity, you may want to allow yourself to be a little messy in certain areas of your life.



For most people, decluttering can promote productivity and improvements in mental and physical health. Benefits of decluttering include:

**Better focus.** Clutter makes it difficult to find what you need. It may also distract you. Getting rid of visual clutter can help you focus better on any task at hand.

**Higher self-esteem.** When you have trouble staying organized, you may feel out of control. Improving your living space can restore feelings of competency and pride.

**Better relationships.** Conflict with family or roommates often occurs when one person can't control clutter. Also, you may be more comfortable inviting friends into your home when it's tidy.

**Lower risk of asthma and allergies.** You may think your house is messy but not dirty. But it's hard to clean around piles of belongings. Decluttering can prevent pests and reduce dust, mold, and mildew, which may trigger asthma and allergies.

**Improved lifestyle and well-being.** It's easier to prepare healthy meals in an orderly kitchen. And most people sleep better in a neat room with a tidy bed.

### Tips for Decluttering Your Spaces

You'll enjoy the mental health benefits of decluttering more if you make the process low-stress. Use these tips for decluttering:

**Start small.** If you pick one drawer or cabinet to organize, you'll be less likely to get discouraged. The pleasure of seeing and using a well-organized space will serve as positive feedback, prompting you to do more.

**Build in structure.** If you invite friends over for dinner, you'll be motivated to declutter your kitchen. If you schedule someone to take your unneeded items, you'll have a target date for completing your decluttering. Make sure you allow some extra time, as decluttering can take longer than you expect.

**Don't strive for perfection.** There's no need to hide items that you use a lot. Also, try not to judge your spaces against those of other people.

### Difficulties With Decluttering

Getting rid of possessions can be hard for anyone, especially as we get older. Here are some things to be mindful of when it comes to clutterers and decluttering:

### Characteristics of clutterers

People who have trouble with clutter often:





- Struggle with time management and stop tasks before finishing
- Have perfectionist tendencies and trouble stopping and starting projects
- Are easily sidetracked, such as those with attention deficits
- Are "people persons" who spend a lot of time doing things with and for others
- Make a habit of putting things off, also known as procrastination

## Older adults and clutter

The older we get, the more unneeded items we may have. Although we tend to gain fewer possessions after age 50, many older people are also less likely to sell things or give them away. In one study of people over 70, about one-third said they had not thrown out any possessions in the past year.

Sometimes, older adults don't get rid of clutter because it requires a lot of physical effort. In such cases, family members can help. It's better to handle clutter before ill health or death makes it urgent.

## Hoarding disorder

Decluttering can be especially hard for people with hoarding disorder, which affects about 2.5% of Americans. Hoarding disorder was officially recognized as a psychiatric disorder in 2013. Experts first classified it as a form of obsessive-compulsive disorder (OCD) but now recognize it as a separate condition.

Researchers have found that those with hoarding disorder have intense brain activity when they think about letting go of possessions. They can't casually discard their belongings, even unneeded ones.

Those with hoarding disorder can't organize and manage their things. Still, they collect more. Hoarding disorder is treatable, though most people who have it will continue to have some struggles. Treatments include medications, therapy, and support groups.

## IV. How to Declutter Your Home: 10 Creative Decluttering Tips



### The Benefits of Decluttering Your Life

There are many benefits to owning fewer possessions. Even then, it's tough to move into action. That is... until the many benefits of getting rid of clutter reveal themselves:

- **Less to clean.** Cleaning is already enough of a chore, but having to clean around things you have zero emotional attachment to (or worse, actively dislike) makes cleaning the house much more stressful.
- **Less to organize.** Finding things suddenly become easier. Things don't just "disappear" anymore. You can actually move around your home and enjoy the space, instead of moving around things that are in the way.

- **Less stress.** Looking around at the clutter is a nausea-inducing sight once your home becomes cluttered enough. Wouldn't it be nice to be able to look around and see a home you love?
- **Less debt.** Spending less time shopping for material possessions and adding to the clutter means your wallet and bank accounts remain fuller, your credit cards' statements are lower, and your home doesn't get filled with costly things you don't need.

## 10 Creative Decluttering Tips

If you're struggling and need guidance on how to declutter, you'll need to get creative with your plans. Here are several interesting decluttering tips to get you started on decluttering your home:

- **Start with 5 minutes at a time.** If you're new to decluttering, you can slowly build momentum with just five minutes a day.
- **Give one item away each day.** This would remove 365 items every single year from your home. If you increased this to 2 per day, you would have given away 730 items you no longer needed. Increase this number once it gets too easy.
- **Fill an entire trash bag.** Get a trash bag and fill it as fast as you can with things you can donate at Goodwill.
- **Donate clothes you never wear.** To identify them, simply hang all your clothes with hangers in the reverse direction. After wearing an item, face the hanger in the correct direction. Discard the clothes you never touched after a few months.
- **Create a decluttering checklist.** It's a lot easier to declutter when you have a visual representation of where you need to get started. You can use our decluttering checklist.
- **Take the 12-12-12 challenge.** Locate 12 items to throw away, 12 to donate, and 12 to be returned to their proper home.
- **View your home as a first-time visitor.** It's easy to "forget" what your home looks like to a new visitor. Enter your home as if you're visiting the home of a friend. Write down your first impression on how clean and organized the home is and make changes.
- **Take before and after photos of a small area.** Choose one part of your home, like your kitchen counter, and take a photo of a small area. Quickly clean off the items in the photo and take an after photo. Once you see how your home could look, it becomes easier to start decluttering more of your home.
- **Get help from a friend.** Have a friend or family member go through your home and suggest a handful of big items to throw away or give to someone else. If you defend the item and want to keep it, your friend has to agree with your reason. If they don't agree, it's time to get rid of it.

- **Use the Four-Box Method.** Get four boxes and label them: trash, give away, keep, or re-locate. Enter any room in your home and place each item into one of the following boxes. Don't skip a single item, no matter how insignificant you may think it is. This may take days, weeks, or months, but it will help you see how many items you really own and you'll know exactly what to do with each item.

No matter which decluttering tip you choose to get started – whether it be one of these ten or one of countless others – the goal is to take your first step in decluttering your life with excitement behind it.

There is a beautiful world of freedom and fresh breath hiding behind that clutter. Deciding how to declutter your home is up to you.

## V. How to Declutter Your Home: 6 Best Room-by-Room Methods

Whether you're downsizing or just trying to simplify your life, figuring out how to declutter your home is a big job. The best way to start decluttering when you're overwhelmed is to do it in stages. Make a "declutter your home checklist" to prioritize clutter areas.



Focus on one room, or even one zone within a room (e.g., kitchen cabinets), at a time, and complete each job fully before moving on to the next space. Keep reading to learn how to declutter your home room by room with these methods.

## Benefits of Decluttering Your Space

There are numerous benefits to making your space as free of clutter as possible.

- You will have less "stuff" to clean and organize and it won't feel overwhelming.
- It will reduce the stress and anxiety a messy and crowded space may cause.
- Finding items when you need them will be easier and take less time.
- A de-cluttered space enables one to focus more and stay on task.

## Tips for Decluttering Your Home

### Use Containers to Sort Items

Before you start to declutter your home, have containers defined for the following purposes to sort items:

- Put away: Items that have crept out of their designated storage spaces.
- Fix/mend: Items that need something before they're put away, such as a shirt with a missing button.
- Recycle: Items that consist of recyclable materials.
- Trash: Items to throw away in the household trash.
- Donate Unwanted items that are still in good condition can be donated to a charitable organization or another person.

### Keep These Decluttering Rules in Mind

- 12/12/12 Rule: Locate 12 items to throw away, 12 to donate, and 12 to be returned to their proper home.
- 20/20 Rule: Get rid of items you can replace for \$20 and under 20 minutes.
- 80/20 Rule: According to this rule, we use 20 percent of our belongings 80 percent of the time. Either get rid of or store away the 80 percent you don't use regularly.
- Five-Second Rule: Sort through items and give yourself five seconds to remember the last time the item you're holding was used. If you can't remember within five seconds, it's time to get rid of it.

### Creating a Decluttering Timeline

If you don't have a lot of stuff, you may be able to declutter your house in a day, a weekend, or use a longer 30-day timeline. Keep your goals realistic and attainable to avoid feeling overwhelmed. Break down the spaces you need to declutter and estimate how long each will take, giving yourself buffer time in case something doesn't go as planned.

Start by cleaning before you declutter, so your everyday items are tidy and out of the way. Consider starting in a space with only a small amount of clutter, so you can get

it done quickly and feel like you've made progress on your overall decluttering timeline to stay motivated.

## The Bathroom



- **Medicine cabinet:** Take everything out, and discard outdated medications, makeup, and skincare products. Put everything you're keeping immediately back into the cabinet, storing the items you use most often at eye level.
- **Cabinet drawers:** Remove everything, and quickly evaluate what you're keeping and tossing. Put the items you're keeping back into their drawers, with the items you use most often in the top drawers.
- **Shower, tub, and bathroom sink:** Pull everything out from these areas and declutter the items there.

Lastly, everything that did not have a home can be quickly sorted into the bins you have staged for the purpose.

## The Bedroom

First, make your bed. It's hard to feel any progress decluttering a bedroom while an unmade bed stares you in the face.

- **Nightstands:** Remove anything on them that doesn't belong there, and add it to your put-away bin. This may include books you've already finished reading, pens, paper, and mail. Throw out or recycle anything you no longer use, such

as empty tissue boxes, pens that have gone dry, or chargers that no longer work.

- Tops of your dressers, chests, and bureaus: Pay careful attention to any strewn clothing. Anything that needs folding or hanging goes into the put-away bin. If you're afraid it may wrinkle further, you can lay clothes on your bed.
- Drawers: Take everything out. Pull out anything no longer worn, and put it in your donation bin. Fold and store the clothing you're keeping.
- Desk or vanity table: Resist the urge to shove things back into drawers; instead, put them in your put-away bin. Toss or recycle any garbage or anything you haven't used in six months.

Return items to their proper places. Fold, hang, and store any clothing. If you're now eyeing your closet, we'll tackle that next.

## Closet and Clothing

OK, deep breath. It's time to declutter your closet. The easiest way to tackle a closet is to declutter your clothing by type. It's much easier to decide whether to toss or keep a pair of jeans if you're looking at your entire jeans collection at once. So start pulling out different types of clothing, and choose what you'll toss and keep.



Once you've gone through each type of clothing, you will have four piles to deal with:

- Organize: Put away anything that was in the wrong spot for example, if you had a pair of socks in your closet, put them in your dresser.
- Launder: Put dirty laundry into the hamper, or bring it to the laundry room.
- Repair: Anything that needs to be repaired from holes, tears, or missing buttons should go to the tailor or dry cleaner.

- **Donate:** To eliminate clothes, take them to a donation center or consignment store.

## The Entryway, Mudroom, and Foyer

You may not have a traditional mudroom or foyer, but you likely have an entryway. No matter its size, the best way to make an entryway most functional is to declutter it regularly.

- **Desk, console, or side tables:** Go through each drawer, remove the contents, and decide to toss or keep each item. Go over the tops of each desk or console as well. Do you have a space for your keys and other important items? Make sure everything is accessible and not too crowded. This makes it easier to leave the house each morning with what you need.
- **Hall closet:** Declutter it like any other closet: Start with shoes, boots, and jackets, followed by accessories.

The entry is another area that picks up a lot of clutter from other rooms. Spend time putting away things from other rooms that have made their way to the entry.

## The Kitchen

Keeping your kitchen clutter-free can be challenging because different activities occur there—cooking, eating, and socializing, especially if your kitchen is on the smaller side. As a result, the kitchen has numerous types of items stored in it.

- **Pantry, cabinets, and drawers:** The first step is to empty each space, assess each item, and put everything back where it belongs. Start with your powerhouse storage spaces, such as the pantry and upper cabinets. Then move onto the lower cabinets, drawers, and the space under the kitchen sink.

## The Living Room

The living room is one of the hardest rooms in your home to keep neat daily. That's because it gets a lot of use, and living rooms don't usually offer many storage features. You may have some bookcases and a TV console, but they don't hide much. The key is to:

- Decide on permanent storage spaces for commonly used items, such as remote controls, magazines, and books.
- Declutter this space regularly.

**Large furniture:** Start with bookcases, consoles, and side tables. Then move on to your coffee table and entertainment center. Empty them, assess the items they store, and then return them to their proper storage spaces. Put books away, reduce paper clutter, or return remote controls to their proper place.



**Electronics:** Remove everything not connected to your television or home theater system. Are you using it? Does it work? Store items such as chargers and gaming equipment where you use them.

**Toys:** Assess every toy for wear and tear. Does it still function? Do your kids still play with it? Recycle or store each toy.

Grab your put-away bin, and return everything that belongs in another room to its proper storage space.

## Where to Dispose of Clutter

For the items you aren't keeping when you declutter your home, you have some options for disposing of them.



- **Donate:** Giving clothes and gently used items to charities and local goodwill organizations is a great way to help others in need while removing your own clutter. If you plan to give away certain items to friends and family, start bins for each person.
- **Sell:** Besides a donation bin, you also might want to start a collection of items to sell in a garage sale or online in respected marketplaces.
- **Recycle:** Know your local recycling guidelines, because items such as electronics often can't go in regular recycling. Keep a separate bin for those items to bring them to an appropriate recycling center.
- **Trash:** If you know you're undertaking a major decluttering project, you might want to rent a dumpster in advance for unusable or extra large items that must be thrown away.

## FAQ

- What should I remove first while decluttering?

Although it depends on the room, you should first aim to clean off the counter. Kitchen (and bathroom) counters tend to be catch-alls for small items, appliances, and food or product residue, so organizing this spot in the home is a good place to start.

- How can I declutter my house quickly?

The easiest and fastest way to declutter your home is to devise a plan and make a categorized list. Take it room by room and write down what needs to be decluttered, if the space needs an overall clean, and give yourself a deadline of when it needs to be completed.

- How do I create a decluttering checklist?

Start a decluttering checklist by going room by room and marking down what items need to go. Then, break them down into categories such as items to donate, sell, throw out, or recycle. Take it one room at a time, start in one area, and work your way through the whole space at your own pace or you can easily become overwhelmed.

- Do I need a professional organizer to help me declutter?

If you are pressed for time, have too busy of a schedule, or don't know how or where to start organizing, it may be best to hire a professional organizing expert to help you declutter. They can teach you tips and advise on how to make the most of your space, and you can consider it a learning experience for the next time you need to clean your house.

- What's the difference between declutter and unclutter?

Declutter means that you are aiming to remove clutter while unclutter is a term used to clean or tidy up a space.

## **VI. Declutter Your Drawers Like a Pro: Step-by-Step Guide**

Drawers are great additions to your kitchen, bathroom closet, wardrobes, and other rooms of your home. They can help you organise even the studio apartment with ease. However, these storage units are often piled up with random and unnecessary items, such as paper junk, worn clothes, rubber bands, pens, cords, wine corks, and other waste, making them inefficient.



Whether you're preparing for a final move out in Perth or doing a seasonal cleaning, make a systematic plan to de-clutter your drawers and get rid of unnecessary stuff, especially that which gives you a headache.

Sorting or purging can also create a harmonious space, promoting positive and productive energy. So, **here is a step-by-step to de-clutter your drawers like a pro and streamline the entire process.** Make sure you do it before the arrival of professional cleaners who offer vacate cleaning Perth. This will allow them to spruce up the property and possessions without any distractions.

Let's Get Started!

### 1. Pull All Items Out of the Drawer

The drawer de-cluttering process is almost the same whether it is your kitchen, living room, or bedroom. Begin by removing all the items from the drawer.

This will give you a better idea of looking at each item and deciding what to keep and toss. Pull everything out, including business cards, old receipts, make-up accessories, chargers, rubber bands, jars and other knickknacks.

## 2. Sort Items by Categories

Arrange three baskets or boxes to put items that don't belong in the drawer. You can divide it into three categories: relocate, toss and donate. This is a time-saving hack and makes your work a lot easier.

You can check each item, decide its destiny, and put it in a designated box or basket.

You can even donate the pre-loved items to the local charity and help underprivileged people in your community.

## 3. Toss Away Trash or Broken Items

As you can see everything, spread it out further and take away items that are broken, worn, or you no longer need. You can toss them or recycle the plastic-based waste or junk to reduce landfill waste. Here is a list of items you can toss:

- Old cords
- Restaurant's food menus
- Coupons
- Broken kitchen accessories
- Old magazines
- Worn-out/Expired makeup
- Paper junk
- Empty shampoo bottles and other items

## 4. Separate Items That Don't Belong to the Drawer

Next, separate the items that don't belong to a specific drawer. This could be anything, ranging from screwdrivers to a packing tape, scissors, etc.

Take the time to put them where they actually belong and reduce the clutter. Believe it or not! Sorting items can give an old house a clean look in no time.



## 5. Label Miscellaneous Items

Once you have sorted all items, you may find some useful knickknacks that are not used frequently. So, it is good to store them in a zip-lock bag and add a label so that you can easily find them in the drawer.

Tip: Use masking tape or a permanent marker to label the items.

## 6. Clean the Drawers Thoroughly

Before re-organising your drawers, make sure you remove accumulated dust, dirt and stains using the most suitable tools. You can use a vacuum cleaner with a brush attachment or simply use a microfiber cloth to get rid of loose dust particles and grime.

For stains and gunk, wipe down your drawers inside and out using a warm, soapy solution. Use a damp cloth to achieve sparkling results.

If you are preparing a rental property for the final inspection, hire professionals for a cheap vacate cleaning Perth and get your full bond money back without any stress. They will clean everything according to the pre-approved checklist and help you impress the fussy landlord.

## 7. Use Dividers or Organisers in the Drawer

You can buy fancy and affordable drawer organisers from Amazon and keep your items tidy and organised. You can also find adjustable drawer dividers using old gift

boxes, jars, cutlery trays, and containers so that you can put all items in the drawers in a streamlined way.

## 8. Re-Structure Your Drawers

After placing dividers and organisers, start off by placing items that you don't need on a regular basis. After that, use plastic bags, or you can put similar items in one divider and make the most of your drawer's space. This will help you maintain a clean apartment or house.



You can de-clutter and re-structure all the drawers and utilise the space of your storage units, such as drawers, closets and wardrobes.

Repeat the process every six months, or try this method when moving out of a rental property in Perth. These are the best and most efficient ways to de-clutter and organise drawers like a pro. Follow these simple steps and reduce unwanted stuff from your home.

## CONCLUSION

Now it's time to go and declutter! Hopefully, this blog will push you to create spaces you love and feel good in. Hopefully, it'll show you how joy and purpose are often found in the everyday little things. Hope these tips help create a more organized and peaceful living environment to create a healthier and happier body, mind, and life.

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