

Getting Organized is Good for Your Health



Here is some motivation to get organized - organizing is good for your health!

There are so many ways in which de-cluttering and organizing your space (and your life) can be of benefit to your health. Here are a few:

- A de-cluttered space is easier to clean - less dust, mold and other irritants. You will breathe better and feel better.
- Through de-cluttering and organizing, you create a safer environment to live in (e.g. by clearing paths, childproofing, and properly disposing of unwanted medications and toxins).
- A de-cluttered and organized space fosters a clear and focused mind - making you more able to make decisions and get things done.
- You will be at peace with your stuff and your surroundings rather than their burdening you. You will feel good about being able to have people over, too, even at the last minute.
- You will have more time, due to less annoying distractions and less time spent looking for things! There will be more time to relax and for the things you really want to do.
- You will eat better as your kitchen will be orderly and more enjoyable to be in. Planning for balanced meals and eating them at home always leads to a healthier diet.
- With things in place, you will have less stress and more peace of mind. Oh, and more Space To Breathe!

So do a little de-cluttering and organizing. . . . and experience some healthy changes!