

WELLNESS CONNECTION

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GOOD DECISIONS - The Benefits of Organizing your Home

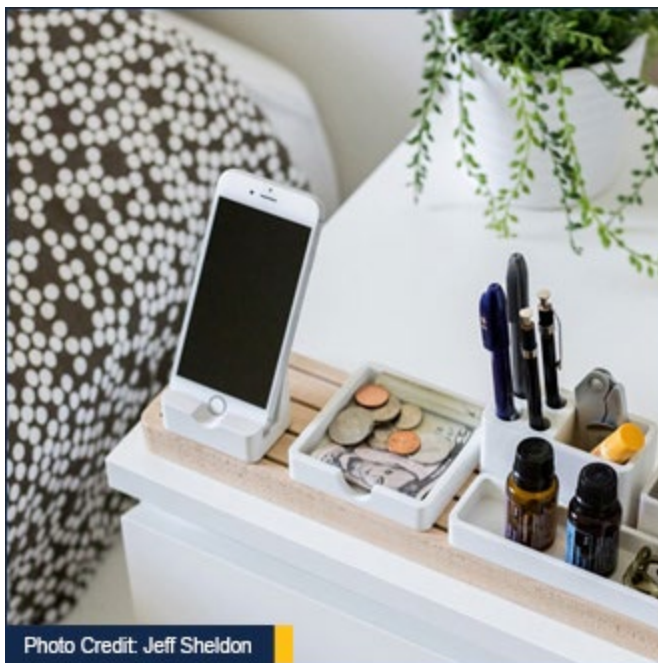


Photo Credit: Jeff Sheldon

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You may have already binge-watched [Tidying Up with Marie Kondo](#) and [The Home Edit](#) series on Netflix or seen aesthetically pleasing organizational containers at your favorite retailer. The trend of home organization is in full force and the benefits of this trend go far beyond making your living space look immaculate.

Clutter = Stress. [Research shows](#) that disorganized spaces contribute to overstimulation of the brain. This can cause an increase in feelings of anxiety, chaos, and lack of concentration. Cleaning and organizing have been shown to combat the effects of

clutter-induced stress. This does not mean an immediate deep clean and purging of all your living spaces is necessary. Instead, try focusing on one space at a time like a designated office space or bedroom.

Save Money. When chaos and clutter overwhelm your space, important things are more likely to fall through the cracks that can lead to financial waste or worry. Have you ever bought an item while grocery shopping just to discover you already had the item at home? Or has there been a time you incurred late fees after losing a physical bill or important piece of paperwork? Creating

an organizational system for your bills, pantry, or groceries can save money and give you peace of mind!

Making Healthier Choices. When items have a place and a purpose in your living space, you spend less time constantly managing the mess and more time creating healthy routines. Consider prepping fruits, veggies, or meals after you grocery shop. Opening your fridge to see organized, prepared food will allow you to choose quickly and easily what to eat. If you are not sure where to start in your fridge, check out these helpful tips by [Taste of Home](#). This can have a trickle-down effect where you are able to create more time for things like exercise, meditation, or reading during the time saved from organizing.

