LET’S DECLUTTER OUR LIFE

by:
Lory Jane S. Gregorio
Administrative Assistant II, E.C. Bernabe National High School

Juliet Landau-Pope, a Certified Declutter Coach and Study Skills Expert and a member of Association of Professional Declutterers and Organisers in the UK, identifies in her Guardian Masterclasses that focusing on living a healthier, happier life involves decluttering into three very specific sections: TIME, PHYSICAL, EMOTIONAL. Decluttering your lifestyle entails more than just clearing out the odds and ends on your desktop. It pertains to seriously considering your entire outlook and what you choose to allow into your work and daily life. Here are three great things to consider when it comes to refreshing both your mind and your space for the new season - and indeed for the long term future of your overall health and wellbeing.

Be mindful of what you set into some time not just your space. We often only consider clutter as physical items, which it is, but clutter also means what you completely fill into your time. We are living in a society where we somehow feel inadequate if we are not in a hurry every second of our daily life. We add things to our lives just to make ourselves busy then convince ourselves that these stuffs are even as essential and important as our truly critical daily tasks, creating extra stress at every turn. We have become human-doings and have forgotten the way to be human-beings, just do not be afraid to possess a gap here and there and as stated, find some time in your day where you will just ‘be’ for a moment and do not let the outside world cause you to feel guilty about that. Also, do not be scared to avoid unproductive activities that do not serve you. I am sure we will all identify a minimum of one thing within the coming month that we just do not need to do, a particular area where we can get a number of that much needed, precious time. Clear those wasted moments from your schedule then leave them clear, do not cave to the will to refill the space with something else.
The biggest con is retail therapy, does all that physical stuff really make you feel better? Sorry, but it is true, and we all know it. We all have far too much stuff crowded into our physical space when it comes to physical clutter. We live in a consumer-driven society where shopping has become a leisure activity that we struggle to escape on a daily basis. Do not worry, I am just as guilty as the next person, but we need to make a conscious effort to be more mindful of what we buy and place in our homes. Not only to reduce clutter, but also to save us all some much-needed money! Of course, it is very easy to say that we should simply declutter our space and let go of everything that is negatively affecting our progress. It is not always that simple for many of us. Physical items can carry a lot of weight and significance and can be difficult to part with. Finding a balance between what you need and what you love can be difficult, but it is vital. Being ruthless is admirable, but do not break your heart by overdoing it and later regretting it.

We have numerous expectations of what life should be. Do not let emotional voices taunt. Emotional clutter may be a tricky one. We have numerous expectations from both external and internal sources about what life should be. It quite ties in to the time clutter and allies with our got to fill our diaries so as to form ourselves feel worthwhile. Those ‘should, would, could’ voices in our heads undermine our self-esteem and overwhelm us on a regular basis. Taking our emotional clutter under consideration and dealing to enhance it can really help us to tackle the opposite aspects of our busy lifestyles too, so it’s something worth brooding about if you're finding yourself constantly flustered and disappointed by your sense of accomplishment.

Take a quick moment once you're able to leave the house but before you leave of that front door: Pause. Sit. Breathe. Focus. Just take one minute of silence and stillness to collect yourself. You will be amazed at the difference it will make to your day and to the emotional stress that you are probably already putting yourself under despite the very fact that your day has barely begun!
Reference: