



EcoNugget

Decluttering

- **Clutter** is the excess of “stuff” in our homes and lives. **Decluttering** is the process of getting rid of, and NOT replacing, excess or unnecessary items.
- **Decluttering** can improve productivity and mental clarity, with fewer chances of falls or injury. Less clutter means less dust accumulation and fewer pests like dust mites.
- **Decluttering** can be overwhelming without help or a strategy. One strategy is “One-a-Day”, to get rid of one or more items every day, large or small. Or, work on one space, a shelf, a drawer, a closet, at a time. Remove all items, put back only what you need; sell, donate, recycle or toss the rest. Professional organizers can help.

For more on decluttering strategies see:

- <https://davidsuzuki.org/living-green/how-to-declutter>
- <https://podcasts.apple.com/ca/podcast/ologies-with-alie-ward/id1278815517?i=1000648870126>

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