WEEKLY WELLNESS TIP

Clear your clutter and breathe easier

Excess clutter can cause stress and anxiety, and taking steps to clean up and clear out can provide a great sense of relief and accomplishment. Here are some suggestions for getting started:

- Create a staging area in the garage or a spare bedroom.
- Set up boxes labeled “donations,” “used bookstore,” “recycle,” and “trash."
- Start with one drawer, cupboard, or closet.
- Don’t handle an item more than once.
- If you find it hard to release a sentimental item, take a picture of it and create an album. Then toss the item.
- Keep asking yourself: “do I really need this?”
- If you haven’t used it in two years, get rid of it.
- When a box is full, take it to its designated destination.
- Remember: There’s always someone who needs what you're ready to dump.

This tip is provided by Group Health Physicians.
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