

# Clutter Free Living



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**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
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# CLASS OBJECTIVES



- Understand what clutter is and how to identify clutter in our homes
- The health impact of clutter
- Create a plan to address clutter
- Make a strategy to de-clutter: moving it out!
- Learn how to maintain a clutter free home

## **POLL QUESTION: WHAT STATEMENT RINGS MOST TRUE FOR YOU?**

- I can never find anything after I put it away.
- I'm afraid to toss any paperwork – it has personal information on it.
- My spare bedroom, closets, and basement are full of stuff that I need to go through.
- I can't get rid of this because it's special.
- Other .....

# HOW IS YOUR QUALITY OF LIFE?



[go.osu.edu/clutterscale](https://go.osu.edu/clutterscale)

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## DEFINITION

### Clutter – from Merriam-Webster

- A crowded and confused mass.
- Scattered or disordered things that impede movement or reduce effectiveness.

## EXAMPLES OF CLUTTER ...

- Things lying around in an untidy mess
- Items no longer needed, used or cared for
- Things left out or do not have a “home” or storage space
- Items in need of repair or are unfinished



# HOW DID THIS HAPPEN?



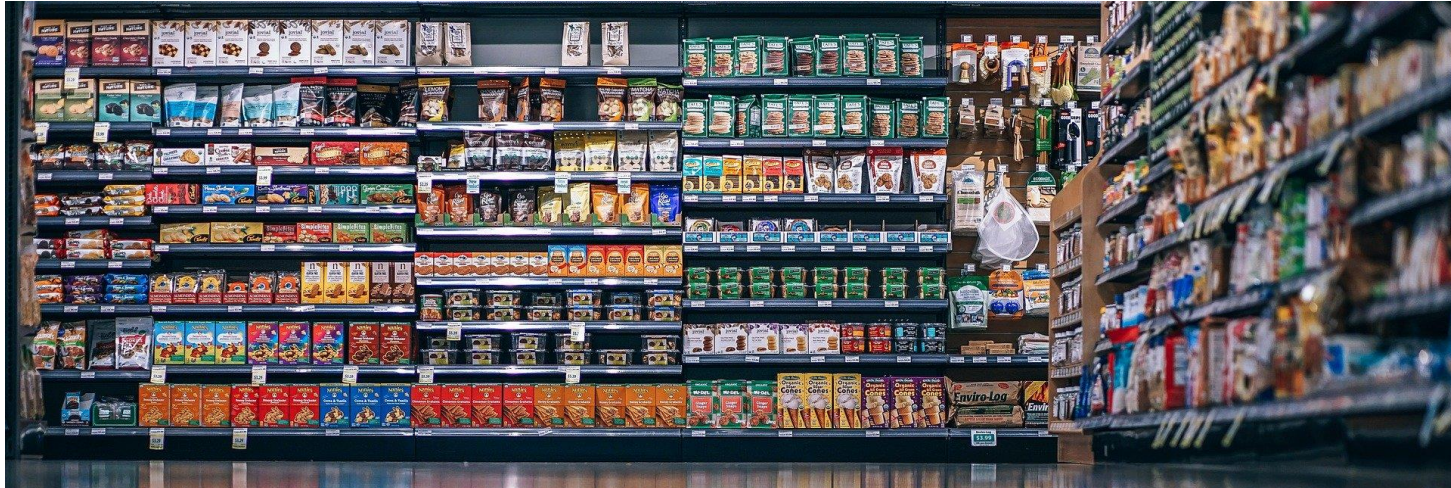
# FAMILY AND HOME SIZE



Since 1950 average home size has doubled and family size has decreased



# ITEMS FOR SALE

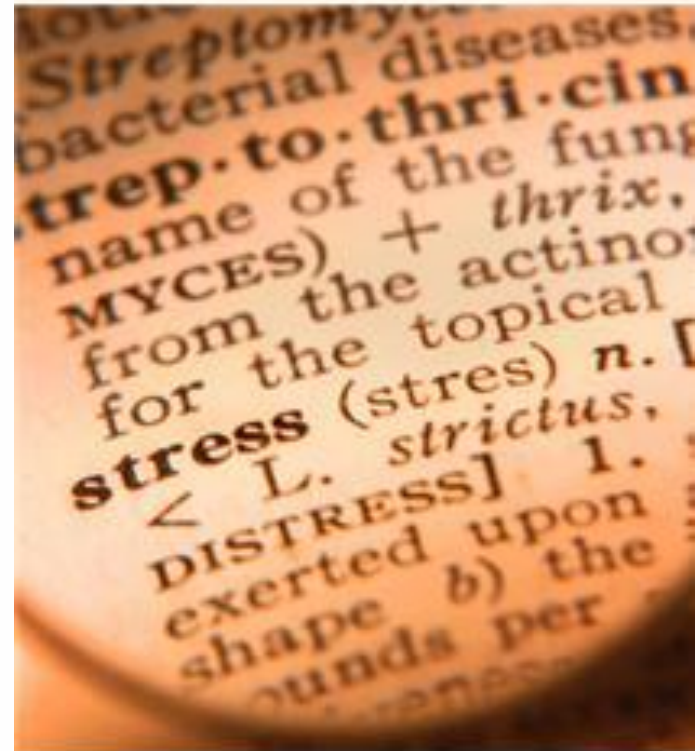


Early 1900s general store, around 1,000 items  
Today's super stores, more than 120,000 items  
Amazon sells over 12 million products



## WHY DOES IT MATTER?

- Stress - Creates distraction, social embarrassment, conflict between household members
- Time – Searching for an item or shopping to replace something you can't find



## WHY DOES IT MATTER?

- Money – Duplicate and lost items, storage costs, financial and emotional investment
- Accidental falls and trip hazards
- Indoor Air Quality





# ARE YOU READY TO SAY GOODBYE TO CLUTTER?





## DECIDE ...

- Keep
- Share
- Discard
- Sell
- Return
- Uncertain



## DECIDE ...

- Share: who could best use it? Is there a charity that could use it?
- Discard: if you wouldn't use it because it is stained, broken or missing pieces, it probably isn't useful to others. Trash, recycle, etc.
- Sell: garage or yard sale, social media sale sites, ad in high traffic area, consignment store
- Return: borrowed? Left at your place? Library items



## UNDECIDED ...

- Limit this choice – don't let it become a habit, nor let it stop progress
- Create a place to let it rest...and come back to it.
- Use the Clutter Emergency Card

## CLUTTER EMERGENCY CARD

- How long has it been since I used this?
- Do I like it?
- Does it work properly? Is it broken?
- Do I have more of this kind of thing? How many do I need?
- If I keep this, what will I get rid of to make room for it?
- Can I locate this information somewhere else if I need it?



# KEEP

- Find a home near where it is utilized
- If it is an extra, keep with a purpose
- If it needs repaired, make a plan to repair



## A HOME FOR EVERY ITEM

- Look for similar items and gather them
- Share or dispose of unneeded or duplicate items
- Choose containers/location for each group of items
- Choose a home for each container



## TIPS FOR SUCCESS

- Respect your time
- Choose one space or thing
- Be realistic
- Invite someone else – for accountability
- Have your tools ready
- Notice your emotions and energy level

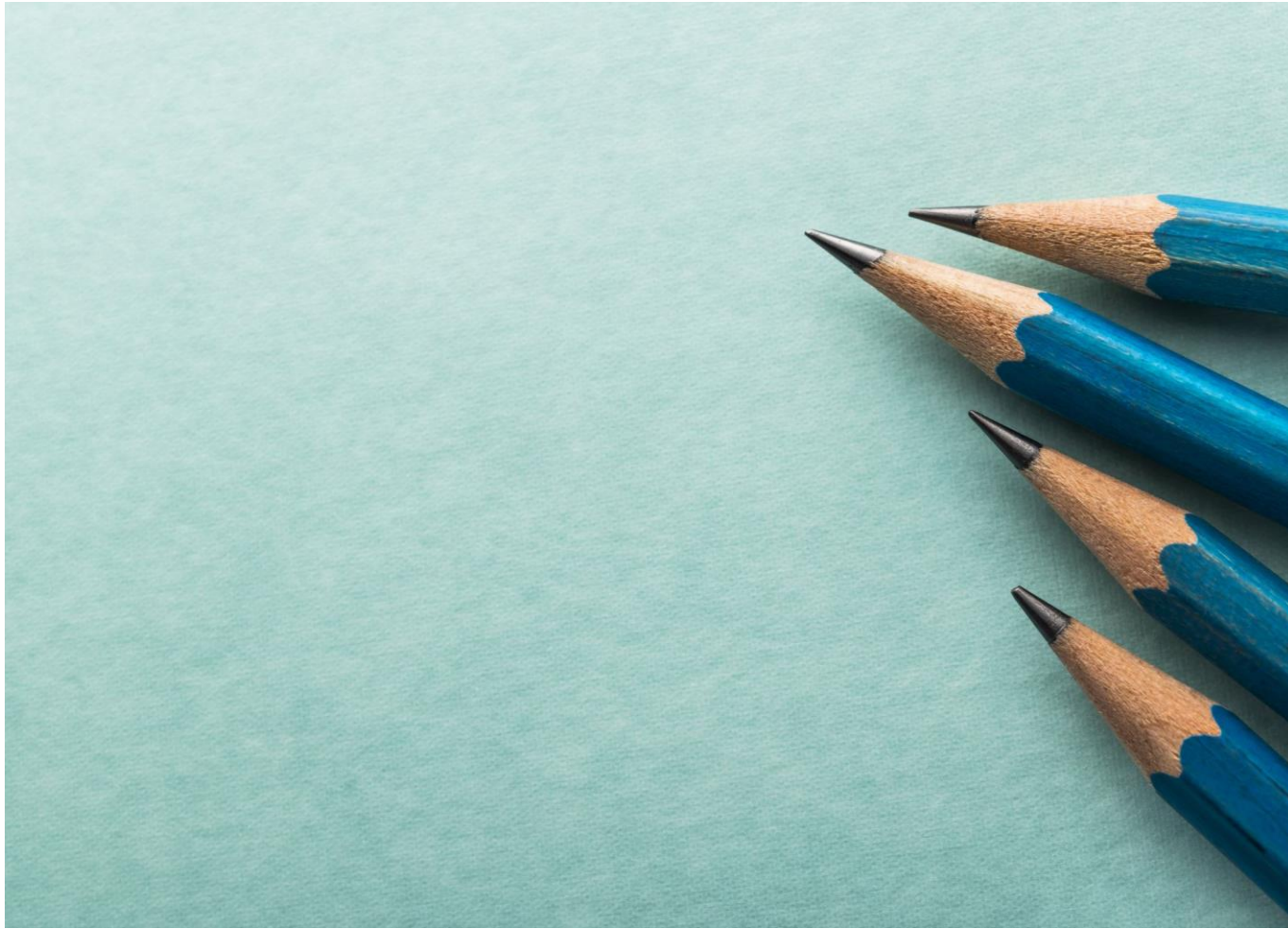


## MAINTAIN YOUR SPACE

- A place for everything and everything in its place
- Create patterns of maintenance: wash dishes, make bed, sort mail and dispose
  - Chore charts
- 60 second rule: if it takes no longer than 60 seconds to put something away ... do it.
- Establish realistic expectations: Should your home look like a magazine?



# Tips for maintaining your space:



## ACTION PLAN

1. Something YOU want or decide to do
2. Achievable
3. Action-specific
4. Answer the questions:
  - What? (specific action)
  - How much? (time, space, or amount)
  - When? (time of day or which day of week?)
  - How often? (number of days to work on it)
5. Confidence level of 7 or more

# Simplify Your Space topics

- Clutter free living
- What to do with all that paper!
- Right-Sizing
- Sharing Personal Treasures



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## FOR MORE INFORMATION:

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