

which means living with disorder can actually make you sick. Here are some quick decluttering tips for a clean and healthy home.

Keep storage areas organized and neat to provide quick, easy access to the things you need.



- Develop a regular routine of going through cluttered spaces to get rid of things you no longer need.
- Donate items you don't use to reduce clutter while helping those in need.



- Make sure purchases are absolutely necessary before you swipe your card or click that button.
- Get rid of old CDs and DVDs that don't hold any great value.

