

# REAL LIFE SOLUTIONS

MARCH 2011

## De-cluttering your Home to **De-clutter your Life**

It's no secret that being disorganized robs us of time. How many times have you been ready to dash out the door only to lose another five minutes trying to find your cell phone?

De-cluttering and organizing your home is one of the keys to reducing stress. And, reducing clutter—and refraining from new purchases—is good for both the environment and the mind.

### **Clutter weighs you down, mentally**

According to Julie Morgenstern, author of *Shed Your Stuff, Change Your Life*, "The physical and time clutter in our lives generates an enormous amount of waste and at the same time prevents us from seeing what is possible. Shedding is a process for de-cluttering your life to make room for change." Clutter really can weigh us down, mentally. "You're only as free as the smallest amount of stuff you're responsible for," says Standolyn Robertson, president of the National Association of Professional Organizers. In Robertson's work, she often starts by asking people what they are postponing until they get organized. The answer? Their lives!

"People are postponing key things until they get organized," says Robertson. "But they are missing out on the free time that they deserve to have with family and friends. Instead, they

spend spare time looking for books, buying things and managing the things they have."

### **Start SHED-ding**

Robertson cautions that if you're ready to get organized, there's no reason to go out and make a purchase. "Just buying a system doesn't make you organized," she says. In fact, waiting until you have plastic bins or a closet system is just a way of putting off going through your stuff.

After years of working with clients, Morgenstern has developed a process to help them assess their clutter and determine next steps. Her SHED process enables people to let go of their tangible clutter in order to gain insight and discover what's next in life:

- **Separate the treasures:** What items are really worth hanging on to?
- **Heave the trash:** Dispose of those items which weigh you down
- **Embrace your identity from within:** Who are you without all your stuff?
- **Drive yourself forward:** Which direction connects to your genuine self?

### **Getting to the emotions**

Let's face it; even though our possessions are not humans we can interact with, they carry a lot of emotional weight.

"The things we have reflect parts of ourselves – they're a part of who we are," says Morgenstern. Sometimes our things are a part of who we wanted to be, used to be. Or they reflect past relationships. People get attached to things that were given to them

by somebody. But it's the gesture that holds the meaning—not the object. Some emotion around such items can be appropriate, but it also can become a trap.

In order to use de-cluttering as a tool to connecting with yourself, Morgenstern suggests that you define a theme for your next stage in life. "What are you reaching for, making room for mentally?" she asks.

"People don't let go in a vacuum. What are you trading this stuff for? More freedom, more security, more creativity?"

Once you know where you are going, you'll know best which items to dispose of. Morgenstern doesn't recommend just tossing items—but rather going through your things to assess the value emotionally and then release the item, as appropriate. Has it served its past purpose? Will it serve you in the next stage of your life?

### **Keeping it simple**

The last thing you want to do after you de-clutter is to buy a bunch of new things. Resist the temptation to fill what may seem like a void when you are not surrounded by the usual trappings. Remind yourself of the theme you're aiming for and have confidence in your ability to get there.

While the process of organizing and de-cluttering can be overwhelming, the result is peace of mind. Says Robertson, "So many people say they don't have time, but do you have time NOT to be organized?"

By Judy Galliher  
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MARZO 2011

## Escombres su Casa para **Organizar su Mente**

**N**o es un secreto que siendo desorganizado nos roba el tiempo. ¿Cuántas veces ha estado listo para salir corriendo de la casa—solo para perder otros cinco minutos buscando su celular?

De hecho, organizando su hogar es una de las claves para reducir el estrés. Y, reduciendo el desorden—y evitando comprar cosas nuevas—está bien para el ambiente y la mente.

### **El desorden le pesa, mentalmente**

Según Julie Morgenstern, autora de *Shed Your Stuff, Change Your Life (Despójese de Sus Cosas, Cambie Su Vida)*, “El desorden físico y la pérdida del tiempo en nuestras vidas genera una enorme cantidad de desperdicio y al mismo tiempo nos impide ver lo que es posible. Despojarse es un proceso de organizar su vida y hacer espacio para el cambio.” El desorden nos afecta mucho, mentalmente. “Sólo es usted tan libre como la menor cantidad de cosas de que son su responsabilidad,” dice Standolyn Robertson, presidenta Del Asociación Nacional de Organizadores Profesionales. A través de su trabajo, Robertson frecuentemente le pregunta a la gente, “¿Que están posponiendo hasta que se organicen? ¿La respuesta? ¡Sus vidas!

“La gente están posponiendo quehaceres esenciales hasta que se organicen,” dice Robertson. “Pero están perdiendo tiempo libre que merecen tener con sus familias y sus amistades. En cambio, ellos pasan ratos buscando libros, comprando cosas y administrando las cosas que ya tienen.”

### **Empiece a despojar**

Robertson advierte que si usted está listo

para organizarse, no hay ninguna razón para salir y hacer una compra. “El acto de comprar un sistema no lo hace organizado,” dice ella. De hecho, con esperar hasta que tenga cubos de plástico o un sistema para organizar el armario solo esta posponiendo que revise sus cosas.

Sobre los años, Morgenstern ha desarrollado un proceso de trabajar con clientes para ayudarlos a evaluar su desorden y determinar los siguientes pasos. Su proceso de SHED (despojar) apoya a la gente a deshacerse de su desorden para aumentar su conocimiento y descubrir lo que le espera la vida. El proceso SHED es:

- **Separe los tesoros:** ¿Cuales son las cosas que valen la pena mantener?
- **Hecha algunos artículos a la basura:** Tire las cosas que le sobran.
- **Enfrente su identidad:** ¿Quién es usted sin todas sus cosas?
- **Diríjase hacia adelante:** ¿Cual camino lo conecta con su sí mismo verdadero?

### **Enfrentando las emociones**

Hay que enfrentarlo; a pesar de que nuestras posesiones no son seres humanos que podemos tener una interacción, tienen mucho valor emocional.

“Las cosas que tenemos reflejan parte de nosotros mismos, son una parte de quienes somos” dice Morgenstern. A veces nuestras cosas forman parte de quien queríamos ser, y quien éramos antes. O las cosas reflejan relaciones del pasado. La gente le tiene cariño a las cosas que fueron regaladas por alguien. Pero es el acto que tiene la significancia – no el objeto. Alguna emoción alrededor de ciertas cosas puede ser

apropiada, pero también puede convertirse en una trampa.

Para usar el acto de organizarse para conectarse con uno mismo, Morgenstern sugiere que define un tema para la siguiente etapa en su vida. “¿Que meta quiere alcanzar o para que esta haciendo espacio mental?” pregunta ella. “¿Qué va a recibir al cambio? ¿Más libertad, mas seguridad, mas creatividad?”

Una vez que sepa para donde va, sabrá mejor cuales artículos tirar. Morgenstern recomienda que no solo los aviente a la basura, pero más bien que revise sus cosas para evaluar el valor emocional y, deshacerse de ellos, como sea apropiado. ¿Ha cumplido su pasado objetivo? ¿Le servirá en la próxima etapa de su vida?

### **Manteniéndolo Sencillo**

Lo último que necesita hacer después de organizarse es comprar un montón de cosas nuevas. Resiste la tentación de llenar lo que puede parecer un vacío cuando usted no está rodeado por sus cosas regulares. Recuérdese del propósito que está buscando y tenga confianza en su habilidad de llegar allí.

Mientras el proceso de organizarse y despojarse puede ser abrumador, el resultado es mucha tranquilidad. Robertson dice, “Muchas personas dicen que no tienen tiempo, pero realmente ¿tienen el tiempo para NO estar organizados?”

Por Judy Galliher

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