

Live Simply

#LPCLiveInspired Series

HOW TO *Live Simply* BY DECLUTTERING, ORGANIZING, AND SIMPLIFYING YOUR SURROUNDINGS.

OUR WASTEFUL REALITY



WE CONSUME

2x

as many material goods as we did

50 YEARS AGO in the U.S.



300,000

300,000

TOTAL ITEMS EACH The average residence contains about this many items



On average our homes contain more televisions than people

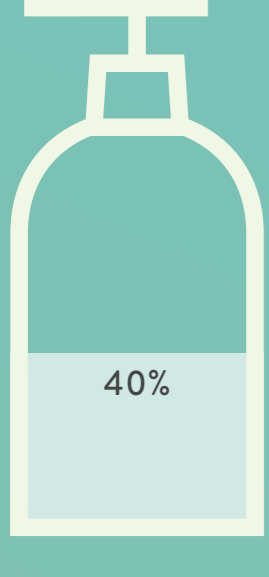
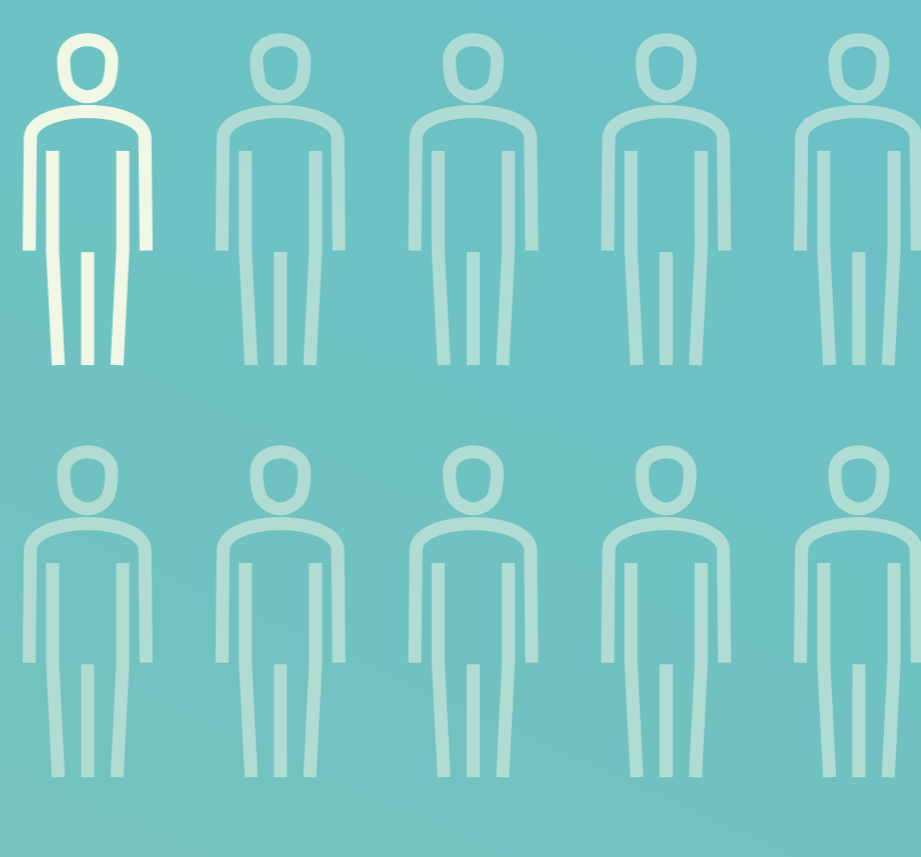


\$8 BILLION

The home organization industry is now an \$8,000,000,000 INDUSTRY, and even scarier - IT'S GROWING BY 10% EACH YEAR

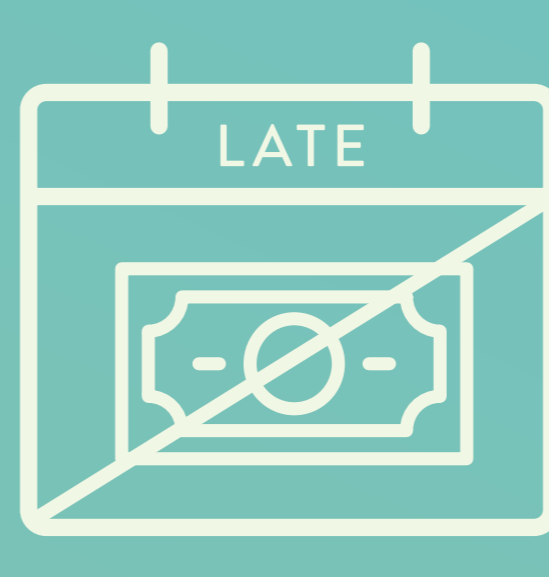
1 OUT OF 10

Americans rent off-site storage - the fastest-growing segment of commercial real estate over the past 4 decades



40%

According to the National Soap and Detergent Association, getting rid of clutter would eliminate this percentage of housework in the average home



23%

Harris Interactive reports this percentage of adults say they pay bills late (and incur fees) because they lose them

In a 2008 NAPO survey of 400 consumers nationwide, they said:

27%

FEEL DISORGANIZED AT WORK

91%

WOULD BE MORE EFFECTIVE & EFFICIENT if their workspace was better organized

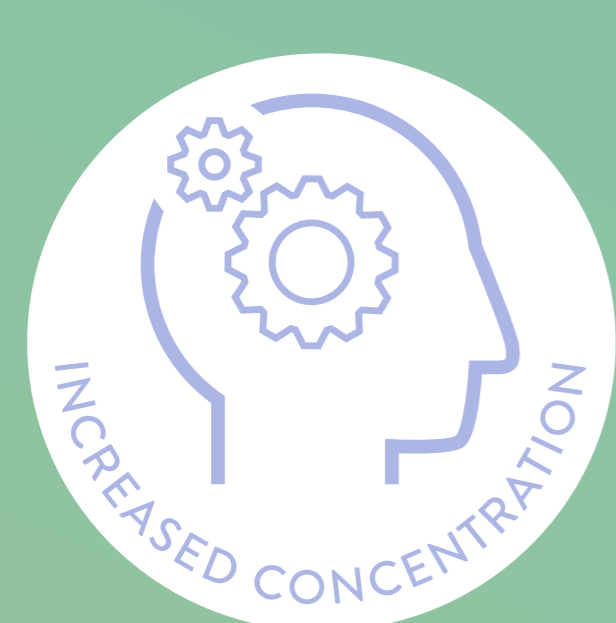
28%

WOULD SAVE OVER AN HOUR PER DAY

27%

WOULD SAVE 31-60 MINUTES EACH DAY

BENEFITS OF BEING ORGANIZED



When neuroscientists at Princeton University looked at people's task performance in an organized versus disorganized environment they found that the results of the study showed that

PHYSICAL CLUTTER IN YOUR SURROUNDINGS COMPETES FOR YOUR ATTENTION,

resulting in decreased performance and increased stress.



The same study found that

MULTIPLE STIMULI COMPETE FOR YOUR ATTENTION,

preventing you the ability to focus all of your attention on your ability to think clearly and creatively.



Results from the American Academy of Sleep Medicine show that

PARTICIPANTS AT RISK OF HOARDING DISORDER SCORED SIGNIFICANTLY HIGHER ON THE SLEEP HABITS SURVEY (SH)

and on three subscales of the Pittsburgh Sleep Quality Index (PSQI). These include: sleep latency; sleep disturbances and daytime disturbances.



Study by researchers at UCLA's Center on Everyday Lives and Families (CELDF) on the relationship between 32 California families and the thousands of objects in their homes found a link between high cortisol (stress hormone) levels in female home owners and a high density of household objects.

"THE MORE STUFF, THE MORE STRESS WOMEN FEEL."

TIPS & HABITS ON HOW TO ORGANIZE YOUR LIFE



GIVE EVERYTHING A HOME

Make easy-to-access storage spaces for things you use all the time, and don't let your storage spaces get cluttered. Be creative about finding places for things. In addition, as a BIG NO: never label a storage space as "Miscellaneous"!



DECLUTTER REGULARLY

Find time each week to organize. Highly organized people make sure they find time every week, or more, to organize their things. Stuff does not stay organized on its own; it needs to be reorganized continuously and consistently.



KEEP ONLY WHAT YOU NEED

People who live organized lives only keep what they need and what they really really want. Having fewer things also means that you enjoy those things more and feel better about using everything you own, rather than letting half of what you own collect dust.



KNOW WHERE TO DISCARD ITEMS

Less stuff means less clutter. Donate things you haven't used in over a year to thrift stores and clothing drives. Sell items on Craigslist, eBay, or list them on your apartment community's classifieds.

SOURCES

INCREASED CONCENTRATION

SOURCE: <https://www.ncbi.nlm.nih.gov/pubmed/21228167>

SUPPORTING ARTICLE: <https://unclutterer.com/2011/03/29/scientists-find-physical-clutter-negatively-affects-your-ability-to-focus-process-information/>

INCREASED CREATIVITY

SOURCE: <https://www.ncbi.nlm.nih.gov/pubmed/21228167>

SUPPORTING ARTICLE: <http://thewritelife.com/messy-desk-hurting-writing-career-heres-fix/#.b11qdah:0BCa>

SLEEP BETTER

SOURCE: <https://aasm.org/people-at-risk-of-hoarding-disorder-may-have-serious-complaints-about-sleep/>

BOOST YOUR MOOD

SOURCE: <https://www.houselogic.com/organize-maintain/cleaning-decluttering/clutter-depression/>

TIPS & HABITS ON HOW TO ORGANIZE YOUR LIFE

SOURCE: <https://www.lifehack.org/articles/productivity/how-organize-your-life-10-habits-really-organized-people.html>