



Burdened with Sentimental Item Overload

Dealing with sentimental items can be challenging especially when they come from someone who has passed away or someone who keeps giving you things you don't want or need. You may feel like you must accept everything and display it in your home, or else you will hurt their feelings or dishonour their memory. You may also feel guilty for keeping these items in boxes, cluttering your space, and causing you stress. If this sounds like you, you are not alone. Many people struggle with how to handle sentimental items.

You don't have to put so much pressure on yourself to make the right decision. I was challenged with what to do as well until I learned to be more selective and only accept and keep the things that had real value and meaning for me and my family. I was decisive when selecting and accepting items that I could use or enjoy in my daily life. I also keep small items which fit into my children's memory bins.

You can start by saying "no thank you" to the items that don't fit your lifestyle and "yes" to the items you will use or display. Choose treasures that have a story behind them, one you can share with your family and friends and will inspire conversation and reminiscence. For example, a candy dish, a jar of buttons, a vase, a small tool, a potholder, a gravy boat, a piece of jewelry, a pair of binoculars, and so on.

By creating a special collection of sentimental items, you can honour your loved ones without feeling overwhelmed. You can also donate the rest of the items to someone else who can appreciate them and make new memories.



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