



DONATE V. TRASH

Q. Kerry, is it ok to trash and recycle stuff that could be donated? I feel so guilty, but I just want it out.

This is possibly the most difficult concept for clients to take on when we start decluttering. What to do with items that no longer belong in their home.

Here's two of the options I offer clients donate when you can; trash when you can't.

Charities, schools, shelters, animal rescue, sustainability groups and community organisations that accept donations may have different rules and requirements. If you have access to these places it is worth checking what items they accept and in what condition. Many things you wouldn't expect can be donated somewhere. If you have the bandwidth it's the optimal solution.

Donating items is a great way to get things to people in need that will value them, and to get things to people that will delight in them and enjoy them.

Donating is great for the environment and it's great for building community connection and cohesion.

None of this means you must donate. You are the priority at the moment. Your wellbeing is what matters.

You matter.

If you have been living with overwhelm and clutter the priority is getting items out.

Your nervous system is under a lot of stress. The physiology of that state is limiting your ability to make high quality decisions.

It's contracting your life.

Getting the items out of your home is better for you AND it's better for the environment and your community in the long run.

When you are committed to the environment that's a tough choice to make. I know. Truly, I know. It's rarely anyone's first choice. It may be going against some of your deeply held values. Allow the pain of that choice to guide you in the future.

Please understand that once you have cleared space you will have more mental, physical and emotional bandwidth to make better decisions about what comes into your home. You will also have more bandwidth to make better decisions about how items leave your home in the future.

It's short term pain for the long term investment in your mental health and wellbeing. That's a better trade off all round. For you, your family and your community.

Know that you will reach that state of maximum bandwidth for yourself the sooner you declutter. Feel it in your heart. Clear Space will bring you ease and clarity.

So drop the guilt. It's not serving you. Try offering yourself a little grace and compassion instead.

If the donating isn't happening: trash it.



DROP THE GUILT