

# CLUTTER CREW

Welcome to the Spring Cleaning edition with lists for each room from the Five Minutes Better series, my Tip of the Week features one of my three Red Flag words, and Before You Go features the Spring charity.

As I wander around my neighbourhood on my walks listening to podcasts, it's been lovely to see the blossoms starting to bloom and green leaves reappearing.

I'm also keeping a watchful eye out for magpies. I haven't noticed any swooping yet and I'm keen to keep out of their way. I once had a chunk of my eyebrow taken out. It's been decades, but I still get nervous when I hear wings flapping overhead.

On Saturday I'm off to see a friend's niece perform in Meeniyau. A fabulous singer. Not just technically great, but also able to convey emotion in such a way that I find myself in tears with the power of her expression. I'm really looking forward to hearing her in person, rather than via TV. Hopefully you have something exciting planned for your weekend too. Have a great week.

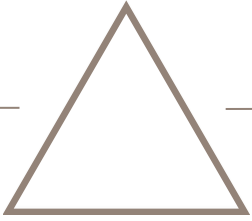
*Kerryn*

## CURRENT OFFERS

TAM SUNDAY 22 SEPTEMBER 2024

### NIBBLE THE FROG FREE WEBINAR

*Register on the appointments page*



# SPRING CLEANING

## FIVE MINUTES BETTER

For those of us living in the Southern hemisphere we are now heading into Spring. This is traditionally a time to spring clean your home. I've released lists for your bathroom, kitchen, living room, entryway, office, bedroom and your children's room. These are from my Five Minutes Better series and are a mix of quick tasks that are decluttering, organising or cleaning focused. They're on The C Word page now.

One of the drawbacks of Spring is how close it is to the end of the school year, Christmas and summer holidays. It's an increasingly busy time of year as work cycles wrap up before the break. I find annual spring cleaning tasks much more sensible to undertake in Autumn, but I'll release my full cleaning schedules next week so that you can get a head start on the bigger tasks and leave December clear for hosting seasonal celebrations.

If you're in the Northern hemisphere you're entering my favourite season of the year: Autumn. It's still worth going through the various lists as it helps create a habit of using small pockets of incidental time for your home management.



## TIP OF THE WEEK

My tip this week is to stop "shoulding" all over yourself. Should is one of my three Red Flag words. A word that indicates where I'm being harsh with myself, or mistaking an opinion for a fact, or arguing with the reality of what is.

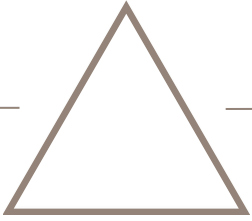
Should is rarely a word I use in a positive or helpful sense. When it comes up in my thoughts the emotions it generates are ones like disappointment, frustration, irritation, anger, or aggrieved. These feelings are either directed at myself or others. They rarely inspire useful action. They often have me ruminating in a spiral.

I notice this word also comes up a lot in my sessions with clients. This creates a great opportunity to pause and reflect with the client on the truth of what they are saying or thinking. To question if shoulding is helpful or not. To see whether it's a reflex pattern or another way to critique oneself.

If you're in the habit of shoulding yourself: stop. Easier said than done. The first step is awareness. Do a thought download of all the shoulds in your life, and then ask "what if the opposite were true?" The resource is on the website.







# BEFORE YOU GO



## GIVING

With the start of Spring comes a change to our charity of the season. Each Spring I support the Blue Knot Foundation. They are Australia's National Centre of Excellence for Complex Trauma and as a Trauma Clutter Coach and someone living with CPTSD I can offer that I've benefitted first hand from their services and wholeheartedly endorse their work. Blue Knot will receive 10% of all Clear Space coaching income this quarter.

Blue Knot provides information and support for anyone who is affected by complex trauma. Complex trauma is repeated, ongoing, and often extreme interpersonal trauma (between people) - violence, abuse, neglect or exploitation experienced as a child, young person and adult.

If you, or someone you care about, live with the impacts of abuse, neglect, or violence, the Blue Knot Foundation has information and support for you. If you are a professional, work with survivors, and are looking for training, practice or organisational support, please visit the Professional community.

Blue Knot Day 2024 will be held on Thursday 24 October 2024. In support of that I'll be writing some blogs about how trauma intersects with clutter, and how clutter can present as a trauma adaptation in coming weeks.