

CLUTTER CREW

This edition got to you a bit early because I'm on my way to stay with friends in South Gippsland.

This week I asked a generous friend with a fancy camera to come over and take some photos of me so that I could update my listing on The Life Coach School coaches directory. This is where I got my life coach and weight loss coaching certifications back in 2018. They have new strict requirements for photos with the listing, and for what styles of photos they'll accept.

I have a visibility block that I'm still working on so photo shoots are one of my least favourite things. The photo to the left is my favourite of the ones taken. Frankly, I'd like some photoshop to soften all of them. Alas they are unvarnished. I'm waiting to hear if any will be accepted for the website. Fingers and toes crossed because I don't really want to have to do it again anytime soon.

This week I also practised and then refined the upcoming Nibble The Frog webinar. There's still time to book before sign up closes on Saturday.

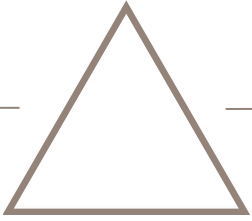
Kerryn

CURRENT
OFFERS

SUNDAY 2PM 28 JULY 2024

NIBBLE THE FROG | FREE WEBINAR

Last Chance Book Now



PRIDE DISABILITY MONTH

The Green Stripe on the Disability Pride Flag represents Sensory disabilities, which can also be Invisible disabilities as represented by the White Stripe. Commonly people think of visual impairments and hearing impairments, or they may know someone that has no sense of smell or taste, or who is extremely sensitive to touch.

My sensory issues affect my vision and hearing. Visual and auditory disturbances contribute to my vestibular migraines, vertigo, nausea, falls and worsen my ME/CFS. I often wear special tinted glasses, noise cancelling headphones, and use walking sticks to reduce my number of falls.

Clutter particularly impacts my vision because I can't track and process a high level of visual stimulation and information easily.

The picture to the right is an example of too many items for me, yet for someone with a macro, visual organising style it might be perfect. For someone with this organising style there's a sense of safety and security seeing their items instead of having them out of sight, out of mind.

That's a nightmare for me. I'm a micro, hidden organiser. I prefer small categories with most items hidden away. Very few items on show. For both my high alert nervous system and to reduce visual "noise" it's better for me to limit decor and the items I display. I even have some of my art hung in my wardrobe rather than on permanent display.

As you start to clear your clutter you will get a sense of whether you feel better with open or hidden storage, and whether you want to organise your items in large broad categories, or narrow, small ones.



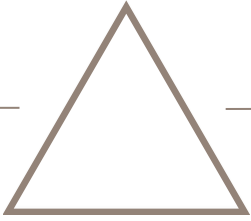
TIP OF THE WEEK

Incidental decluttering. Next time you boil the kettle for a cuppa consider doing Step 1 Trash.

Pick a zone like your fridge, freezer or a pantry shelf and scan for any obvious trash like expired food, leftovers you know you won't eat, or foods you skip over no matter how low your supplies.

Or pick a drawer or cupboard and see if there are any broken or damaged cooking utensils or chipped glasses or cracked bowls, serving ware or cookware. Stop when your kettle boils.

Using incidental waiting times like this for one of the Five Steps builds decluttering into your daily life rather than keeping it in project territory.



DONATE V. TRASH

FAQ. 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.

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.

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.

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 excess items out of your home.

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.

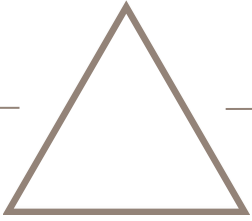
Know that you will reach that state of maximum bandwidth for yourself the sooner you declutter. Feel it in your heart. Clear Space will bring you ease and clarity.

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.

If you have a question for me please send it to clearspace@kerrynsimmonscoaching.com with Ask Kerry in the subject.





BEFORE YOU GO



MULLED WINE RECIPE

As the evenings are getting cooler I've been reminded of a time when friends and family would gather around my brazier for conversation over gluhwein accompanied by sourdough topped with slow roasted tomatoes, garlic, basil and fetta. In the crisp autumn Canberra evenings or the brisk winter afternoons it was a warming delight by the fire. With the wet and grey Melbourne weather this past week I decided to treat myself to some mulled wine while I watched a couple of shows on my computer: the House of the Dragon on Binge; and Presumed Innocent on Apple. Here's the recipe:

- For your base a good mid range red wine. No need to splurge, a quaffing wine will do nicely, avoid the really cheap stuff. Spike it with some Brandy (1/4 cup) or if you don't have that on hand Cointreau's a good option, or even some Port.
- When it comes to your spice blend I'm a fan of Star Anise, Cinnamon sticks, Cloves, Vanilla or Cardamon pods and grated Nutmeg. Play with the quantities to suit your palate.
- For my citrus I like a blend of Orange slices to mull in the wine along with some Lemon and Lime. Clementines are also a popular addition if you can find them.
- For sweetness either Caster Sugar, Honey, Maple Syrup or Agave. Personally I think Caster Sugar works best. You'll need about 100 grams.
- For garnish some sliced Oranges or Lemon Peel and Zest along with some grated Nutmeg or Cinnamon Sticks works well.
- With this recipe combine your sugar, citrus and spices over a medium heat. Cover with just enough red wine to allow you to dissolve the sugar, then bring to a rolling boil to develop a syrup base. Add the remaining wine and Star Anise and reduce to a low heat to gently simmer for 15 min, strain and serve in heat proof mugs with garnish.