Decluttering Tips

January is the perfect time to declutter and organize your home. Your guests have left, you've put away the holiday decorations, and now you may be feeling a bit melancholy. Studies have shown that a decluttered and organized space improves mental health and general well-being. But thinking about all the spaces in your home that need decluttering can be very overwhelming.

Follow these tips to help manage the project and keep you on track to a clean, decluttered home.

Break the project down into achievable chunks. Most of us don't have the time or energy to get our entire house decluttered and organized at one time. Simplify the project by cutting it down into smaller goals. Commit to organizing one room (or even one section of a room) at a time. And allotting just 15-30 minutes a day will still help you reach your goal while retaining your sanity.

Sort items into 3 piles: keep, donate & trash. Having a bin or box for each category is helpful, but not necessary, especially for larger items. Make sure you have a plan for each pile. The items you choose to keep need to have a designated place in your house. Ensure that you have a charity or person in mind for the donation items. If your trash items are small enough, you may be able to add them to your weekly household trash. If not, then plan to have professional junk removers come pick up the pile.

Follow the one in, one out rule. Christmas gifts such as toys, sporting equipment, mugs, and socks are great candidates for the one in, one out rule. This simply means that you replace an old, similar object with the new one. The old one then goes in a declutter pile. Even if your space isn't limited, it is still a good rule of thumb to follow to help reduce the buildup of clutter.

Stick with it, celebrate reaching your mini goals, and before long, you will be enjoying your clean, organized space!

Husky Junk Removal offers same-day and next-day junk removal services. Request an estimate today!

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