

Organized Spaces in the Home

By Ruzanna Krdilyan Hernandez

Do you have too many knick-knacks and things in your rooms that are taking up space? I did, and I realized how much unnecessary space they were taking up, and extra, unnecessary stress they were causing.

I used to have so many knick-knacks in my room when I was younger – little statues of dogs, cats, all kinds of picture frames, mementos from weddings, etc. I was so overwhelmed with them because

- 1) Cleaning them all was taking too much time away from other things I was doing,
- 2) I felt my space was getting smaller and smaller because at every turn, something was there.

This sense of freedom, spaciousness, and relief came over me when I decided to declutter. The more space I had when I walked around my home from room to room, the better I felt. I realized how much physical organization affects mental organization.

Use the checklist on the next page to take advantage of it as a guide to organize, get rid of items, and have more space, more time, less clutter, and less stress!

Having fewer things – the things that are used at least once each week and considered essential, is very important. Not only will there be more space and a sense of freedom to move about in an organized, open area, but there will be less to clean. There will not be a problem with rodents, cockroaches, and even dust to cause allergies!

✓	Guide
	Living room: Make sure there is a sofa, a coffee table, lighting, 2 or 3 side tables, and a television set if you watch television. Everything else you have should all be gotten rid of or put away in a nice storage area or a cabinet.
	<p>If you must keep small knick-knacks and mementos, put them only in one place, like a display case or veranda. Do not have them lying around everywhere.</p> <p>If you'd like, take pictures of knick-knacks before you get rid of them. You can store the photos in your computer to take up less physical space in the home.</p>
	If you have books that you keep, even after reading, make sure you have one or two central locations or shelves to store them. If they do not all fit, then you have too many and you'll do your community a favor by donating them to the local library or donation center.
	In the bedroom there should be a bed, lighting, 2 nightstands, and perhaps a dresser with 2 night stands. There can be a couple of frames and pictures on the walls but not a lot to overwhelm.
	Dining area should have a table, chairs, and perhaps 1 decorative item on the table. Everything else in the room should be put away or thrown away. There can be a few pictures and 1 fake plant, if needed.
	Bathrooms should only have the essentials. If there are towels, soaps, and bath items, they should be tucked away neatly in the cabinets.
	On top of the counter by the sink in the bathroom should only be items that are used every single day, like toothpaste, toothbrushes, and shaving items. Hair sprays, and other such products, including brushes, should be neatly put away in the medicine cabinet, or drawer, or under the sink. If needed, a small storage unit can be purchased.
	Kitchen pantry should have spices should be in one place, canned goods in another, baking goods in one area, pasta and other staples in another. This will help you save money, also, because you will know what you're running short of to purchase when you go grocery shopping; you won't overbuy unknowingly if you already had something that you did not need.
	Almost every room should have a small trash container. Often, especially with children, trash goes on the floor because "it takes too long" and requires effort to go to another room to throw things away. If there is a trash container nearby, the chances of them throwing trash in there will be more likely. They can empty the trash once every two or three days.