



Healing  
Spaces  
with KATZI

*Plan to improve  
our living situation*

**KEEPING OUR HOME AND OUR MIND  
CLUTTER FREE**



# Why clutter is bad for your brain

- Clutter can affect our anxiety levels, sleep, and ability to focus.
- It can also make us less productive, triggering coping and avoidance strategies that make us more likely to snack on junk and watch TV shows.  
Our physical environments significantly influence our cognition, emotions and
- subsequent behaviours, including our relationships with others.
- Research shows disorganisation and clutter have a cumulative effect on our brains. Our brains like order, and constant visual reminders of disorganisation drain our cognitive resources, reducing our ability to focus.
- In 2011, neuroscience researchers using fMRI (functional magnetic resonance imaging) and other physiological measurements found clearing clutter from the home and work environment resulted in a better ability to focus and process information, as well as increased productivity.



# It's also bad for your physical and mental health

- Clutter can make us feel stressed, anxious and depressed. Research from the United States in 2009, for instance, found the levels of the stress hormone cortisol were higher in mothers whose home environment was cluttered.
- A chronically cluttered home environment can lead to a constant low-grade fight or flight response, taxing our resources designed for survival. This response can trigger physical and psychological changes that affect how we fight bugs and digest food, as well as leaving us at greater risk of type 2 diabetes and heart disease.
- And surprisingly, it doesn't go away when we finally get to bed. People who sleep in cluttered rooms are more likely to have sleep problems, including difficulty falling asleep and being disturbed during the night.



# Clutter can make you overweight

**Multiple studies have found a link between clutter and poor eating choices.**

**Disorganised and messy environments led participants in one study to eat more snacks, eating twice as many cookies than participants in an organised kitchen environment.**

**Finally, people with extremely cluttered homes are 77% more likely to be overweight.**

**Tidy homes have been found to be a predictor of physical health. Participants whose houses were cleaner were more active and had better physical health, according to another study.**

# YOU DESERVE A CLEAN & CALM HOME

*Things we can do to improve our life*

- Dispose of rubbish (organic, recycling)
- Donate things we don't use
- Sell new & unopened clothes or items
- Tidy up things we want to keep
- Organise books by colour/genre
- Sell books we already read or won't read
- Create your favourite comfy spot

## SOME USEFUL LINKS

[HTTPS://WWW.VINTED.CO.UK/](https://www.vinted.co.uk/) (TO SELL CLOTHES)

[HTTPS://WWW.WEBUYBOOKS.CO.UK/](https://www.webuybooks.co.uk/) (TO SELL BOOKS)

[HTTPS://WWW.GUMTREE.COM/](https://www.gumtree.com/) (TO SELL OTHER ITEMS)

# TIPS FOR DECLUTTERING

**On a day when you are feeling up to it,  
have a decluttering session as follows:**

- Make a "progress record" or score sheet.
- Divide the clutter in units called *boxful* (*box or bag of clutter*).
- Clear the top of a table or surface.
- This may well be difficult in itself. But it is your essential first task.
- Arrange four receptacles: Donate, dispose, sell, keep.
- Tell yourself "I am going to work".
- Carry a box or bag full of things to the table. Just carry it.
- Then do the sorting where it is comfortable.
- You have to take this task seriously, but also do it in a way that works for you so you'll carry on and not quit (e.g. with music).
- Pick out one item, decide and place appropriately. Immediately pick out next item, etc.
- Remember the objective is to get through the volume.
- When you have done a *boxful*, mark it on your score sheet.
- That in itself makes you feel good.
- If you feel that you are "*on a roll*" then keep going.
- When you reckon that your shift is over, clear it all, and empty all receptacles.
- You must do this, otherwise the table is left cluttered. (Help! You're going backwards).

**Have a cup of tea and enjoy the space  
that you have created!**



# TIDY HOUSE HAPPY LIFE?



Research shows cluttered home environments negatively influence the perception of our homes, and ultimately your satisfaction of life. The study authors note the strong effect is because we define 'home' not just as a place to live, but as:

*The broader constellation of experiences, meanings, and situations that shape and are actively shaped by a person in the creation of his or her life world.*

## Advantages of keeping a tidy home

- It will give you a sense of pride and satisfaction
- You'll have space to decorate with things that show your personality
- You'll have more space and feel more comfortable
- You can invite friends over
- It gives you something to do every day (cleaning, tidying, decluttering)
- You will feel more relaxed in a clean environment
- You won't get so frustrated because you can't find things
- You won't need to buy new things because you can't find the ones you have
- You can use that money for leisure activities, like the cinema
- You won't have to worry that people complain about your mess
- Every time you tick something on your to-do cleaning list, you'll get a hit of dopamine (feel good hormone)
- No rats, mice or bugs!

