

# HEALTHY HOME DECLUTTERING

## Stay organized by setting achievable goals

Keeping a home clutter-free isn't just about appearances, it also helps you feel better by improving indoor air quality, reducing asthma triggers, and providing other physical and mental health benefits. While it may seem overwhelming at first, if you set achievable goals and organize one room at a time, you'll quickly feel a difference.

## Safety first

If you have a sensitivity to dust, you may want to wear a dust mask and declutter just a little at a time to reduce exposure, or consider hiring a professional to assist. It also helps to dust and vacuum before and after you tackle an area, and launder bed covers and curtains in the room. If you have a child with asthma and allergies, keep them out of the area that you are working on as the dust will be unsettled.



## What to get rid of

- Obvious clutter—take two large bags or boxes around the house, one for trash and one for donations, fill them up and move them out right away
- Anything you are ready to get rid of or haven't used in over one year—toys, stuffed animals, clothing, towels and linens
- Anything broken, or missing pieces or parts
- Knickknacks or mementos that don't bring you joy
- Books and magazines you'll never read
- Extras or multiples of items like gadgets, utensils, small appliances, etc.
- Junk mail—keep anything important in designated folders or a filing box
- Items you or anyone in the house are allergic to, such as body lotions, perfumes, scented candles or plug-ins, room sprays, potpourri, etc.

After you decide to get rid of something, get it out of the house right away, whether you're taking items to a thrift shop, donation center, recycling or trash bin. Once it's out of sight, it's out of mind and you can enjoy the health benefits of a decluttered home.

## Healthy home improvements

Many healthy home improvements, like insulation and air sealing, or ventilation repair, cannot be done or aren't nearly as effective in a cluttered home. Though it can be hard, this could be an important step in achieving your healthy home goals.

### REDUCING ENERGY WASTE ACROSS WISCONSIN

Focus on Energy, Wisconsin utilities' statewide program for energy efficiency and renewable energy, helps eligible residents and businesses save energy and money while protecting the environment. Focus on Energy information, resources and financial incentives help to implement energy efficiency and renewable energy projects that otherwise would not be completed.

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## Helpful hints

- Set achievable deadlines and keep yourself accountable
- Progress over perfection—remember every step is meaningful
- Think about what household items bring joy and what are just adding clutter
- Use labeled bins for items you're storing and keep in a designated area

For many of us, decluttering is an emotional process. If you're having trouble making decisions, ask a trusted family member or friend for help.