

# Let Organizing Boost Your Energy

When you feel physically and mentally drained, it might actually be from having a disorganized home and work environment. There are scientific studies that clutter causes mental stress because it creates negative energy in your office or home, but having stuff piled around your home is also physically dangerous due to the risk of injury. Here are some of the benefits from organizing to give you more energy.

## □ Saving Time

When You Try to Find Important Documents □□ If you spend several hours looking for an important document when you need it, then this is a waste of your time. You may have valuable documents located in different places of your home, but this is a poor way to organize. All of your important documents should be located in one filing system, and you should also have your children's documents organized. It is a good idea to have these documents in a fireproof container to protect the items.

## □ Making It Easier to Get Ready for Your Day

By organizing the closets in your home, you can get ready for your day quickly. If your bedroom closets are bursting with piles of garments, then you may feel exhausted before you begin your day at home or at work. Organizing your closets can take several days, but when you get rid of excess clothing, you can store what is left by types of garments or by outfits. Getting dressed quickly in the morning or for an event later in the day can give you a boost of energy.

## **□ Keeping a Home Cleaner Faster**

It is important to keep your home clean, but if you have a disorganized home, then dusting, mopping and vacuuming can take a long time to complete. However, when your home is organized, you can complete your household chores as fast as possible. Rather than feeling depressed about spending an entire day cleaning your home, you will feel energized because you can sanitize everything in only a few hours.

## **□ You Can Lose Weight with an Organized Home**

If you take the time to organize your home, then you can lose weight. There are several reasons why this occurs, including feeling less depressed because your home is organized and easier to keep clean. In addition, with a cleaner and more organized kitchen, it is easier for you to prepare healthier meals rather than eating bags of potato chips or going to a restaurant for calorie-heavy comfort food.

## **□ Making You More Productive at Work**

When you have a messy desk or work area at your job, it can drain the energy from you before you begin your day. To have more energy at work, organize everything by getting rid of excess papers, broken tools, and outdated items. At the end of each day, remove the clutter from the area so that when you arrive the next day, you can begin working in a clean place, giving you a huge boost of energy.