

词汇: *decluttering* 清理

Are you the kind of person who needs a **pristine, orderly** environment for you to feel relaxed? Or perhaps being surrounded by your **clutter** isn't a big deal – it might even bring you comfort. 'Professional organisers', who help people **declutter** their space, have grown in popularity in recent years, particularly on the internet. But does **shedding** your **possessions** always make you happier? Or, does clutter matter?

Living in a **messy** space can have various negative effects on our lives. For example, a study called 'No Place Like Home' by Repetti and Saxbe, found that mothers with messy homes had higher levels of the stress hormone **cortisol** and an increased depressed mood throughout the day. Messy homes can also make it harder to fall asleep, according to the 2021 study 'The association between sleep and late life **hoarding**', and no one wants that!

So perhaps Marie Kondo, author of 'The Life-Changing Magic of **Tidying**', was **on to something** when she said, "tidying can transform your life". To achieve Kondo's style of **minimalism**, she recommends gathering all your things together, choosing which items '**spark joy**' and then **discarding** the rest. Some may find it **invigorating** to begin again on a **clean slate**, while others, particularly extreme **hoarders**, can find the process anxiety-inducing, because of an attachment to their belongings.

Then there are those who simply enjoy **collecting**. Vintage style expert Kate Beavis has a home filled with handbags, toys, phones and cookware from the 1960s. Others may call this clutter, but she argues that minimalist homes are "boring and bland". Some items may not have a practical use, but instead hold **sentimental value**, and spark joy in a **nostalgic** way. And things that "evoke happy memories are valuable, especially to people with memory problems," says Chris Stiff, senior lecturer in psychology at Keele University.

Maybe a giant mess isn't all bad. And as Albert Einstein once said, "If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?"

词汇表

pristine	整洁的，崭新的
orderly	井然有序的
clutter	杂乱的东西
declutter	清理，整理
shed	丢弃
possession	所有物
messy	脏乱的，不整洁的
cortisol	皮质醇
hoarding	囤积
tidy	整理，使...整洁
on to something	发现某事的真相
minimalism	极简主义
spark joy	激发快乐，引起愉悦
discard	丢弃
invigorating	令人充满活力的
clean slate	一张白纸，比喻崭新的开始
hoarder	喜欢囤积东西的人
collecting	收集，收藏
sentimental value	情感价值
nostalgic	怀旧的

测验与练习

1. 阅读课文并回答问题。

1. What does a 'professional organiser' do?
2. What are two negative impacts of living in a messy?
3. True or False? *Marie Kondo recommends discarding items that spark joy.*
4. What does Kate Beavis think about minimalist homes?
5. What does Chris Stiff say about nostalgic items?

2. 选择意思恰当的单词或词组来完成下列句子。

1. The kitchen was covered in _____, making it impossible to prepare dinner.

clutter	cortisol	collecting	possession
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2. I didn't like your idea at first, but now I think you're _____.

on to something	minimalist	hoarder	sparkling joy
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3. His desk was always very _____, with everything in its proper place.

messy	organisation	orders	orderly
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4. Moving to a new city gave her the _____ she was looking for.

fad	clean slate	pristine	shed
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5. You can't throw that away! It holds too much _____.

nostalgic	invigoration	decluttering	sentimental value
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答案

1. 阅读课文并回答问题。

1. What does a 'professional organiser' do?

A professional organiser helps people declutter their space.

2. What are two negative impacts of living in a messy space?

Two negative impacts of living in a messy space include higher levels of the stress hormone cortisol, increased depressed mood and increased difficulty falling asleep.

3. True or False? *Marie Kondo recommends discarding items that spark joy.*

False. Marie Kondo recommends discarding items that do not spark joy.

4. What does Kate Beavis think about minimalist homes?

Kate Beavis thinks minimalist homes are "boring and bland".

5. What does Chris Stiff say about nostalgic items?

Chris Stiff says things that "evoke happy memories are valuable, especially to people with memory problems".

2. 选择意思恰当的单词或词组来完成下列句子。

1. The kitchen was covered in **clutter**, making it impossible to prepare dinner.

2. I didn't like your idea at first, but now I think you're **on to something**.

3. His desk was always very **orderly**, with everything in its proper place.

4. Moving to a new city gave her the **clean slate** she was looking for.

5. You can't throw that away! It holds too much **sentimental value**.