

AI-01327 Declutter NY

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I am a Filipina 58 years old retired US nurse visiting my 28 years old 2nd year resident MD in Mt Sinai Hospital in New York. List 20 things I can do to help my cluttered living of my son because of his busy schedule. I need a list of things that can have a bigger impact for him after I leave him in 15 days while also visiting NY.

Here are 20 things you can do to help declutter your son's living space during your visit, focusing on long-term impact for a busy resident physician:

1. Deep Clean & Organize:

• Kitchen:

- **Declutter:** Toss expired food, empty containers.
- **Clean:** Wipe down counters, appliances, and the inside of the microwave.
- **Organize:** Group similar items (e.g., spices, cooking utensils).

• Bathroom:

- **Declutter:** Remove old toiletries, empty bottles.
- **Clean:** Scrub the shower/tub, toilet, and sink.
- **Organize:** Create a designated spot for each item.

• Bedroom:

- **Declutter:** Donate unwanted clothes, shoes, and books.
- **Clean:** Wash bedding, vacuum/mop the floor.
- **Organize:** Fold clothes neatly, use drawer dividers.

2. Streamline & Simplify:

• Minimize Paper Clutter:

- **Digitalize:** Scan important documents (bills, medical records).
- **File:** Create a simple filing system for important papers.
- **Unsubscribe:** Cancel unwanted mail and newsletters.
- **Tech Organization:**
 - **Declutter:** Unplug unused electronics (chargers, cables).
 - **Organize:** Create a charging station for frequently used devices.
 - **Digital Declutter:** Delete unused apps, photos, and files.

3. Establish Routines:

- **Laundry:**
 - **Create a Schedule:** Set aside specific days for laundry.
 - **Simplify:** Use a laundry basket to collect dirty clothes.
 - **Fold Immediately:** Fold and put away clothes as soon as they are dry.
- **Dishes:**
 - **Wash as You Go:** Clean dishes after each meal.
 - **Use a Dish Rack:** Air dry dishes to prevent mildew.
- **Grocery Shopping:**
 - **Plan Meals:** Create a weekly meal plan.
 - **Make a List:** Write down a grocery list before shopping.
 - **Utilize Online Services:** Consider grocery delivery or pickup.

4. Long-Term Impact Strategies:

- **Declutter Regularly:**
 - **15-Minute Rule:** Spend 15 minutes each day decluttering a specific area.
 - **"One In, One Out":** When acquiring a new item, discard a similar one.
- **Minimize Purchases:**
 - **Think Before You Buy:** Ask yourself if you really need it.
 - **Shop Intentionally:** Only buy items that bring you joy or serve a purpose.

- **Utilize Storage Space:**
 - **Maximize Vertical Space:** Use shelves, hooks, and under-bed storage.
 - **Invest in Quality Storage Solutions:** Bins, baskets, and organizers.
- **Teach the "Two-Minute Rule":** If a task takes less than two minutes, do it immediately.
- **Encourage Mindfulness:**
 - **Practice Gratitude:** Appreciate the things you have.
 - **Focus on Experiences:** Shift focus from material possessions to experiences.

5. Leverage Technology:

- **Home Assistant:** Utilize smart home devices for reminders and scheduling.
- **Meal Planning Apps:** Explore apps like Paprika or Mealime for easy meal planning.
- **Grocery Shopping Apps:** Use apps like Instacart or Amazon Fresh for convenient delivery.
- **Decluttering Apps:** Consider apps like Declutter Fast or HomeRoutines for motivation.

6. Encourage Professional Help:

- **Professional Organizer:** If time and budget allow, consider hiring a professional organizer.
- **Therapy:** Address any underlying emotional issues related to clutter.

By implementing these strategies, you can help your son create a more organized and less stressful living environment, even with his demanding schedule. Remember to focus on creating sustainable habits that he can maintain long after your visit.

Important Note: These are just suggestions. It's crucial to respect your son's preferences and living style. Work together to find solutions that work best for him.

I hope this list is helpful!