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JAIME DECLUTTERS

# 4 ITEMS CREATING STRESS IN YOUR HOME AND HOW TO LET GO





1

# Knickknacks

Do you have a bunch of small decor items displayed around your home? While your intention is to display meaningful items or add cozy decor, it may be causing you stress.

Knickknacks can create visual clutter. Displaying one or two items you love is going to bring you joy without the stress. Here's an example: If you have a collection of small wooden creations, keep your favorite and let the rest go.



2

# Furniture

The more furniture you have the smaller your home feels. Table and dresser surfaces also attract clutter buildup. And this creates stress.

Look around your home. Does all your furniture serve a purpose? Can you declutter items stored in furniture and consolidate?

Experiment with less furniture. Take away some end tables, a dresser, or even an armchair. See how it feels. Does your space feel more airy and calm?





3

## Wall Decor

Do you have a lot of wall decor? Photo galleries or assorted small items such as plates or wall decals can add visual clutter.



One large photo over a couch, a bed, or desk will feel more calming than a collage of items. If your space feels overwhelming try adjusting your wall decor.



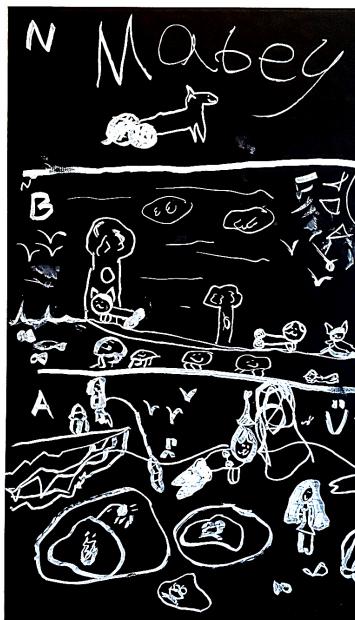
4

## Kids Toys

Toys add stress because it seems impossible to keep up around the house. This is because there are simply too many toys.

Kids don't need a lot of toys to be happy. Experiment with fewer toys. Remove big items (play kitchen, dollhouse). Give your kids legos one week and action figures/dolls the next. Let them get creative and problem solve if they say they are bored.

This may not be easy, but it is worth it. You'll end up with a more peaceful home and kids that are just as happy.



Simplify your home  
and gain the time  
and money you  
need to reach your  
dream lifestyle.

Schedule A Free Consultation



"I was overwhelmed with my closet and didn't know where to start. Jaime gave me guidance and recommendations, but let me make my own decisions. Then she helped me get organized. My closet is bright and easy to navigate now!" - Sarah



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