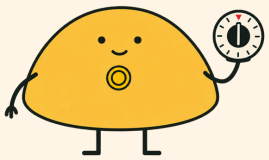
How to Declutter When Overwhelmed



16 small moves, sorted by what's stopping you

1. Find your block: which line sounds like you today? Start with that section only.
2. Keep a trash bag and a donate box. No keep box: one decision per item, done right away.
3. Use a timer (15 minutes, or 5 on a hard day). Stop when it rings and leave the space no messier than you found it.

NO ENERGY · "I'M TOO TIRED TO EVEN THINK ABOUT IT."

- [ ] Pick one small spot you can see → a nightstand or bathroom counter
- [ ] Take out only the trash → wrappers, bottles, junk mail
- [ ] Set a timer for 5 minutes → 5 is still a session
- [ ] Stop when the timer rings → don't pull out what you can't finish
- [ ] Get the bag out of the room → that's today's win

TOO MUCH STUFF · "I DON'T KNOW WHERE TO LOOK."

- [ ] Easy things first, whole area → trash, broken, obvious donations
- [ ] Then the big items → one bulky thing frees a lot of room
- [ ] Draw a boundary → one shelf, one drawer, one box
- [ ] Finish that piece → before you take a break
- [ ] Keeping it? Put it away now → don't empty it all on the floor
- [ ] Hold off on buying bins → declutter first

WANT TO KEEP EVERYTHING · "I MIGHT NEED IT."

- [ ] Let the space decide how much → the shelf or bin is the limit
- [ ] Favorites go back in first → what's left over can go
- [ ] Choose what to keep, not what to toss → the ones you actually like
- [ ] "Just in case" items → The Minimalists' 90/90 and 20/20 rules
- [ ] Sentimental things last → photos, letters, inherited items

Not sure about an item? Dana K. White's two questions:

"If I needed this item, where would I look for it? Take it there now."

"If I needed this item, would it occur to me that I already had one?"

Methods: Dana K. White (A Slob Comes Clean), Joshua Becker (Becoming Minimalist), Marie Kondo (KonMari), FlyLady, The Minimalists. If you can't let go of anything at all, or the stuff is making your home unsafe, a doctor, a therapist or a professional organizer is the right next step. Details and sources are in the full guide at onespothome.com/how-to-declutter-when-overwhelmed.