



Participant Guide

Clear Your Clutter



Agenda

- Define clutter
- Why we accumulate clutter
- What if it's hard to throw things away
- How to approach home & office
- What to do if you get stuck
- Action items
- Review & takeaways

What is Clutter?

- A collection of things lying about in an untidy mass
- Some clutter needs to be purged and some needs to be cleaned up and put away





How Do You Feel About Clutter?

- Memories
- Anxiety
- Self-representation

What do you understand about WHY you have clutter?

1. Clutter Without a Storage Space

This isn't necessarily clutter, it's "stuff" without a home

You have to create a home for it



2. Trash Masquerading as Clutter

Stuff you should throw out, like ...

- Expired foods
- Magazines
- Old newspapers
- Eyeglasses you are never going to repair



3. Bargain Clutter

Just because something is free or a bargain doesn't mean you need it

If you wouldn't buy it at full price, it's likely you don't need it



4. Abundance Clutter

Do you buy things in triplicate just in case?

If you're not sure when or if you'll ever use it – *When in doubt, leave it out*



5. Aspirational Clutter

Things you buy or collect with the hope of using but seldom (if ever) use.



6. Sentimental Clutter

The hardest clutter (photographs, gifts, clothing, children's artwork). Consider:

- Donate or pass it on
- Repurpose, remake, or recycle
- Make a virtual copy

Review: Six Types of Clutter

1. Clutter without storage space
2. Trash masquerading as clutter
3. Bargain clutter
4. Abundance clutter
5. Aspirational clutter
6. Sentimental clutter

Make a Plan: Sentimental Clutter

- Take a picture of the item(s), keep on your phone or computer
- Post photo on social media, tell story about item, what it means to you
- Share memories by sending email with photo attached



When You Struggle With Letting Go

- Seek professional help (counselor, professional organizer)
- Ask a friend to be with you while you begin to clear your clutter
- Inventory unresolved issues - ask what you're holding onto and why

Supplies & Preparation

- Bags/boxes
- Packing tape
- Gloves
- Post-it notes, markers
- Laundry basket
- Timer



Where to Start

- Start wherever you want
- The goal is to keep going, not get discouraged
- Don't tackle everything at once
- Set small goals
- Be prepared to take action



Where is Your Stuff Going?

- Yard or garage sale
- Sell online: eBay, Freecycle, Craigslist, Buy Nothing
- Donate: Goodwill, a shelter, non-profit organization
- Arrange free pick-ups: Vets, Big Brother Association
- Throw away
- Give away
- Recycle



Confidential Life Balance Solutions at No Cost To You

Counseling

Set of free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict
- Substance use
- Grief

Parent Coaching

Set of 3 phone sessions per year

- Child development & behavior
- Social anxiety
- Excess screen time
- Supplemental to counseling

Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Parent coaching
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

Legal & Financial

Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

ID theft resolution

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800-344-4222



Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

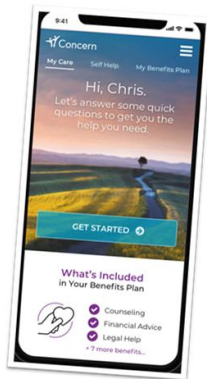
- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



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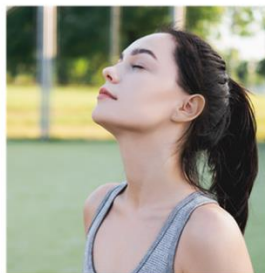
Concern's Digital Platform

Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard. It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.

eM Life App. Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



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Mindfulness for Everyday Living

You have access to eM Life – an entire suite of evidence-based live and on-demand mindfulness solutions.

- It can be accessed via the Concern Website: employees.concernhealth.com, or
- You can download and access via your mobile phone.

Thank you!

Questions? Comments?

Please complete the Survey Monkey
<https://www.surveymonkey.com/r/3VHDNPS>

