

The (surprising) health benefits of being organized



Most people know being organized feels good and helps them be more productive. But did you know there are important health benefits to being organized? Here are just three:

Benefit #1: Improved mood and focus¹

Living in clutter can be distracting and depressing. Waking up to a mess may make you feel defeated before the day's even begun. And coming home to chaos at the end of a work day isn't much better. It may cause your stress hormones to spike — just when you need to wind down. Taking time to straighten up can lift your mood and help you stay on task.

Benefit #2: Healthy eating¹

A messy environment is stressful. When stressed, we tend to choose comfort food — not necessarily healthy food. But when you live and work in an organized place you tend to think ahead, plan meals and buy healthier foods.

Benefit #3: Better sleep²

For better sleep and a healthier environment, remove excess stuff from your bedroom. You'll be removing dust and bacteria as well as creating a calmer atmosphere. It's easier to fall asleep in a clean, organized space. And you'll have a more restful night.

You can do it

Want to get more organized? Start small and clean up a little each day. Your motivation — and health benefits — can grow as you see the clutter shrink.

¹Fowler, Paige. How Cleaning and Organizing Can Improve Your Physical and Mental Health. Shape. Accessed October 2017

²Kittaneh, Firas. Achieve better sleep: 7 Tips for a Cleaner and Healthier Bedroom. Huffington Post. Accessed October 2017

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