



Out with the old and... not so fast with the new



De-cluttering is a big topic these days. There are many ideas and systems for ridding your home of things you don't use, need or want. But after all the de-cluttering and re-organizing, what happens to many of us next? We add even more "stuff."

It all adds up

Consumerism is a way of life in America. Look at these statistics: ¹

- Americans spend \$1.2 trillion a year on "nonessential goods" (things they don't need).
- There are 300,000 items in the average American household.
- Americans spend more on shoes, jewelry and watches than on higher education.
- There are more shopping malls than high schools.

Now think about how often you bring something new into your house. Once a week? Twice or more? Are they things you need or want?

If simplifying and decluttering your life are important goals to you, read on for ideas about how to avoid adding more.

Tame your temptation

- 1. Avoid "retail therapy".** Many people go to the mall when they're bored or sad. That's risky if you're trying to cut down on buying.
- 2. Wait 24-48 hours.** Avoid impulse buying. Unless it's something you really need at that moment, see if the store will put the item you want on hold for a day or two. Your desire for it may pass.
- 3. Do more things that make you happy — and don't involve shopping.** Spend more time with friends and family. Immerse yourself in sports, crafts, volunteering and other activities.

Simplifying and adding more don't mix. Challenge yourself to buy less and enjoy what you have.

¹Becker, Joshua. [21 Surprising Statistics That Reveal How Much Stuff We Actually Own](#). Becoming minimalist. Accessed December 2019

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