

# GARAGE SALES

## The Benefits of Cutting Clutter

Garage sales, yard sales and estate sales are great ways to clear out clutter from your home and maybe even make a tidy sum, too.

A decluttered home is well on its way to being a clean home as well, and a clean home can improve your health.

“Our outer worlds invariably affect our inner worlds and vice versa,” Danielle Roeske told Forbes magazine in 2022. When our minds feel overwhelmed, our living space reflects that in the form of clutter. And it works the other way, too. Mess can lead to stress, anxiety and difficulty concentrating, Forbes says.

Dr. Roeske goes on to say that if there is order and structure to our environment, we can feel more able to manage some of what we’re feeling inside. The physical act of cleaning and decluttering can also release endorphins, which Dr. Roeske says are beneficial as a pain reliever, stress reliever and overall mood enhancer.

A 2011 Princeton Neuroscience study also showed that having too many items in our field of vision distracted the brain, chewing up



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processing capacity. Clearing out the clutter can let the brain calm down and focus on tasks one at a time.

Cleaning also requires us to slow down. That can produce a calming effect, lowering our cortisol levels and helping us manage our emotions.

Cleaning can allow us to vent our anger or frustration, too, letting us calm down in a more productive way than, say, smashing all the dishes or taking it out on innocent friends and family members.

Regular cleaning can also get rid of dust, dust mites, pet dan-

der and allergens, such as lingering pollen, that are in the cracks and crevices of all that stuff.

Cleaning up and getting rid of clutter can cut down on asthma and allergies. It can inhibit the development of mold in the home, which can

cause adverse health effects.

While you’re cleaning, you can also spot problems that require repair before they get too bad, possibly saving you quite a bit on repairs.

Having a clean house can also improve sleep, studies show. A sleep products company reported that 26% of people who described themselves as messy were satisfied with the quality of their sleep. Double that number of people who said they were clean reported they were satisfied with their sleep quality. Better sleep, in turn, can lead to better overall health and wellness.

Decluttering can also make the home safer for anyone prone to falls. The Centers for Disease Control and Prevention says one in three adults over the age of 65 falls, and more than 2.5 million people are treated in emergency rooms for fall-related injuries.

Clearing off the floor — and keeping it cleared — can keep people prone to falling out of the hospital.

And, lastly, it may even help you eat better. A Cornell University study showed that when stressed people were offered cookies, those in a cluttered environment consumed three times the calories of those in a more clean environment.



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### BUYER'S TIP

#### Buyer's Tip

Hitting up garage sales is a whole lot of fun. But, as you shop, bear in mind that a clean environment can lead to good health. Don't buy items you don't need or can't use. Try to have a specific purpose in mind for everything that you buy.

## AD SPACE