

"If who I am is based on what I have and what I have is lost, then who am I?" *Anonymous*

Could we be physically or mentally cluttered?

By Ira Weil, Nutritional Life Coach

According to the Webster's dictionary, something is "cluttered" when it is crowded, disorder or has stopped working. Is it possible for us to feel physically or mentally cluttered? Or only a physical space can be cluttered?

Imagine for a moment your workspace, for example your desk is filled with an accumulation of papers and pending articles to read and everything is in a complete mess. Now imagine your home, for example your closet, where there are pants of different sizes, leather jackets from the seventies or shirts that still have the price tag attached. Your drawers containing textbooks from college even though you already finished college several years ago or your pantry room storing canned vegetables that have already expired. The list of examples is endless.

The truth is that both mental and physical spaces can be cluttered sometimes, and it depends solely on oneself to clean these spaces out. The benefit of this is very simple: we remove those feelings of anguish and suffocation from our minds, and we end up having a nice, clean and quiet environment surrounding us.

Where do I start de-cluttering?
Could I use an hour this weekend?
Will I be able to say: "...I don't need that.."
How would I feel after doing it?

The key to reaching that place of clarity depends on each one of us, there's no single right answer. One can focus on establishing a more organized routine, preventing ideas from piling up in the head, or simply buying only the things that one really needs—ultimately, it is all in your hands.

Good Luck!