



- The average UK household has **300,000** items.
- **60%** of households argue regularly about clutter in their home.
- In a lifetime we spent an average of **a year** looking for lost things.
- Compared to 15 years ago, the average person owns **60%** more clothes.
- By the age of 13, the average child will own enough toys to fill **34** wheelie bins.
- In the last 20 years, the usage of storage units has **tripled**.
- Hoarding Disorder was officially recognised by the WHO in **2018**.



What do we mean by “ageing without children”

- People who have not had children either through infertility, health/disability issues or social circumstances
- People who have made a personal choice not to have children
- People whose child or children have predeceased them or have adult children with care needs of their own which mean that they are unable to offer support to their parents
- People who have children but are estranged or have no contact with them due to family breakdown
- People living at great geographical distance from their adult children who are unable to provide practical support

What is clutter and why do we have it!?



- **Something which is never or rarely used or looked at**
- **Sentimental reasons**
- **Other people's items e.g. inherited items**
- **Unwanted gifts = obligation and guilt**
- **Postponed decisions = it is easier to keep it than make a decision/take action**
- **Reluctance = “I spent good money on that”, “I might need it one day”**
- **Situational vs self-imposed**

The impact of clutter on your health.



- Increased stress levels
- Decreased ability to focus/learn
- Overeating/poor eating habits
- Diminished air quality – asthma and allergies
- Restless sleep
- Reduced self-esteem
- Loneliness

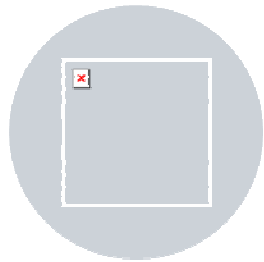
Why do most people find decluttering difficult?



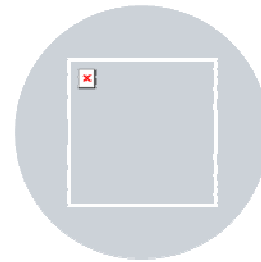
- Not as simple as just getting rid of things
- Emotionally charged
- Sentimental attachment – memories that are evoked
- The ‘what if...’ – loss of security
- Guilt and a sense of obligation/duty
- Decision fatigue
- Overwhelming



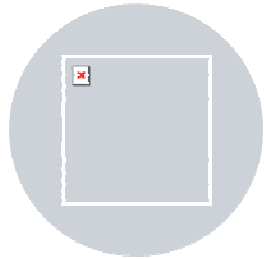
Preparation is key!



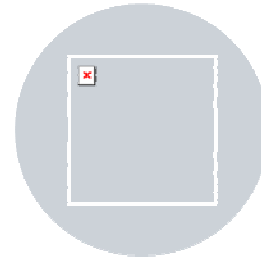
Space to sort



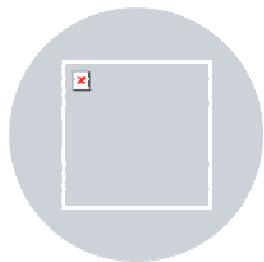
The right tools



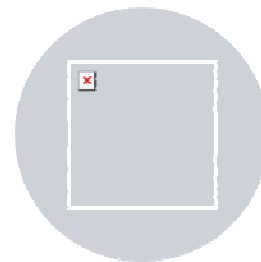
Relocation of items



**Take everything
out and sort into
categories**



**Purge – donate,
recycle, repurpose**



**Assign a new
home – visibility,
accessibility**

Why buying storage isn't always the solution!



but finding a method that works for you is....

What Is the Move-Out Method?

The Move-Out Method is an organizing technique introduced by [Katie Holdefehr](#), the associate editorial director of Real Simple, in her book *Embrace Your Space*. The concept is straightforward: it encourages you to approach each room or area as if you are [preparing to move](#) out of your home. According to Holdefehr, the key question to ask when working through each space is, 'Would I take this with me if I was moving?'

What is the six-month rule?



What Is the OHIO Organizing Method?

As we're sure you can guess, the OHIO method has nothing to do with the state. Instead, it's an acronym for 'only handle it once,' and was initially popularized in the corporate world to assist with email management. It's since been adapted as a home organization technique that helps curb clutter and decision making (just as it does with digital clutter, like emails).

The OHIO method is based on a simple principle: when you pick something up, decide immediately what to do with it. Either put the item away, create a storage spot for it, add it to [a donation bag](#), discard it, or address it however else you might need to. The key is to avoid setting it down with the intention of dealing with it later, saving yourself from clutter and stress.

What Is the FIFO Organizing Method?

FIFO stands for 'first in, first out' and is most often used to refer to [non-perishable items](#), such as food and pantry staples. Both restaurants and homes can (and should!) apply the method to keep kitchens neat and prevent food from unnecessarily going to waste. When used correctly, FIFO ensures that items closer to their expiration date are prioritized over the new stuff that has a longer shelf life.

Of course, this can also relate to other household items with a shelf life. Some examples include medication, beauty supplies or skincare, and [cleaning products](#). It's particularly important to put FIFO into play if you tend to [buy in bulk](#) or stock up during a sale. As you'll find out in a moment, though, using up what you have before it spoils isn't the only reason to work the method into your daily routine.

What Is the 80/20 Organizing Method?

You may have heard of the 80/20 rule in the context of using 20% of your belongings only 80% of the time, a theory rooted in the Pareto Principle. Vilfredo Pareto was an Italian economist who, in the late 19th century, observed that 80% of outcomes come from 20% of inputs. And while this is something to ponder when you're actively decluttering (as it may help you to pare down more radically), it's a different principle than the organizing method.

The 80/20 organizing rule relates to the amount of space you allow your things to occupy. When following it, you'll want to aim to fill only 80% of any shelf, drawer, closet, or cabinet and leave the remaining 20% empty. This buffer serves as a built-in insurance policy against clutter and chaos. Rather than trying to organize everything you own into every available inch, you establish a boundary: use just 80% for storage and keep 20% empty. That 20% gap gives your belongings breathing room, makes cleaning and retrieving items easier, and provides space for life's inevitable changes, such as new purchases or seasonal shifts.



Recommended reads

