

Spring Cleaning/Decluttering

Continued

What do I do with all this “Let Go” stuff?

- If you would like to resell your item, consider online platforms such as FB Marketplace, eBay. If you are like me and avoid online shopping, you can look around locally for clothing swaps or stuff swaps, or your local donation center. If you’re still not sure with an item or are “saving it for a rainy day,” consider gifting or lending it to a loved one you know would appreciate it.
- If the item is on its last legs and you cannot find another way to reuse it, check what your local recycle center actually recycles, or try to dispose of it responsibly.

Okay, I got rid of my extra stuff, but now I need...NEW stuff!

- Wait! Before bringing new things into your home, here are a few notes to consider:
 - Where is it coming from? Look at the materials your item is made of; what is the environmental impact of this item? Whenever possible, consider lightening the load on the landfill and look for gently used second-hand items. You might ask friends and family members or explore a thrift store.
 - Where is it going to live? Pick a spot in your space before you bring it home, or it could wind up further cluttering your space.
 - How will you dispose of it once it is no longer useful to you?

Decluttering is a journey; be gentle with yourself and, as always, even small changes make a difference!