Natural Anxiety Remedies: Declutter and Organize

If you're struggling with anxiety, a cluttered environment might not necessarily be the cause, but it definitely doesn’t help. Getting rid of things you don't need and organizing your space better could improve your quality of life tremendously. Here's what you need to know: 

**Clutter Can Make It Difficult to Find Your Things**  
  
If you live in a cluttered environment, there's a good chance that you will sometimes find it difficult to locate things that you need. Not only can this cause anxiety in the immediate sense, but these occurrences can lead to a heightened level of anxiety over time. Here are some good ideas for an organization system that allows you to keep better track of your stuff: 

Have cabinets to place important belongings in.

If you have documents that can be organized alphabetically or by date, this can make for a good system.

**Know What Kinds Of Items You Can Easily Get Rid Of**  
  
Getting rid of unwanted stuff can make it possible to create space for new things that you need, and as a result, you're likely to be somewhat less anxious. Here are some common types of items that you can easily get rid of: 

If you have belongings that you haven't used in a year or longer, it may be a good idea to get rid of them.

If there are items in your home that are broken or appear to be damaged, getting rid of them may be a good idea.

If you have duplicates that you don't need, you may want to get rid of one of them.

If there's a decorative item in your house that you have not something you like anymore, consider getting rid of it.

**Consider Selling Some of Your Unwanted Stuff**

If there are things that you want to get rid of, there are many ways that you can sell them. In some cases, you may be able to make a significant amount of money by selling your stuff, and you can even do it online! The fact that you'll get a little bit of extra cash can also help to reduce your anxiety. Here are some great ways to sell your unwanted stuff: 

Sell On eBay Or Amazon: Selling on eBay or Amazon can allow you to connect with buyers from around the world, and you can often sell items for significantly more than you'd make at a garage sale.

Sell With LetGo: LetGo is an app that allows you to connect with buyers, and it is extremely convenient to use.

Consider Having A Garage Sale: Having a garage sale is a great way to sell numerous unwanted items at the same time.