



Linked in Well-Being

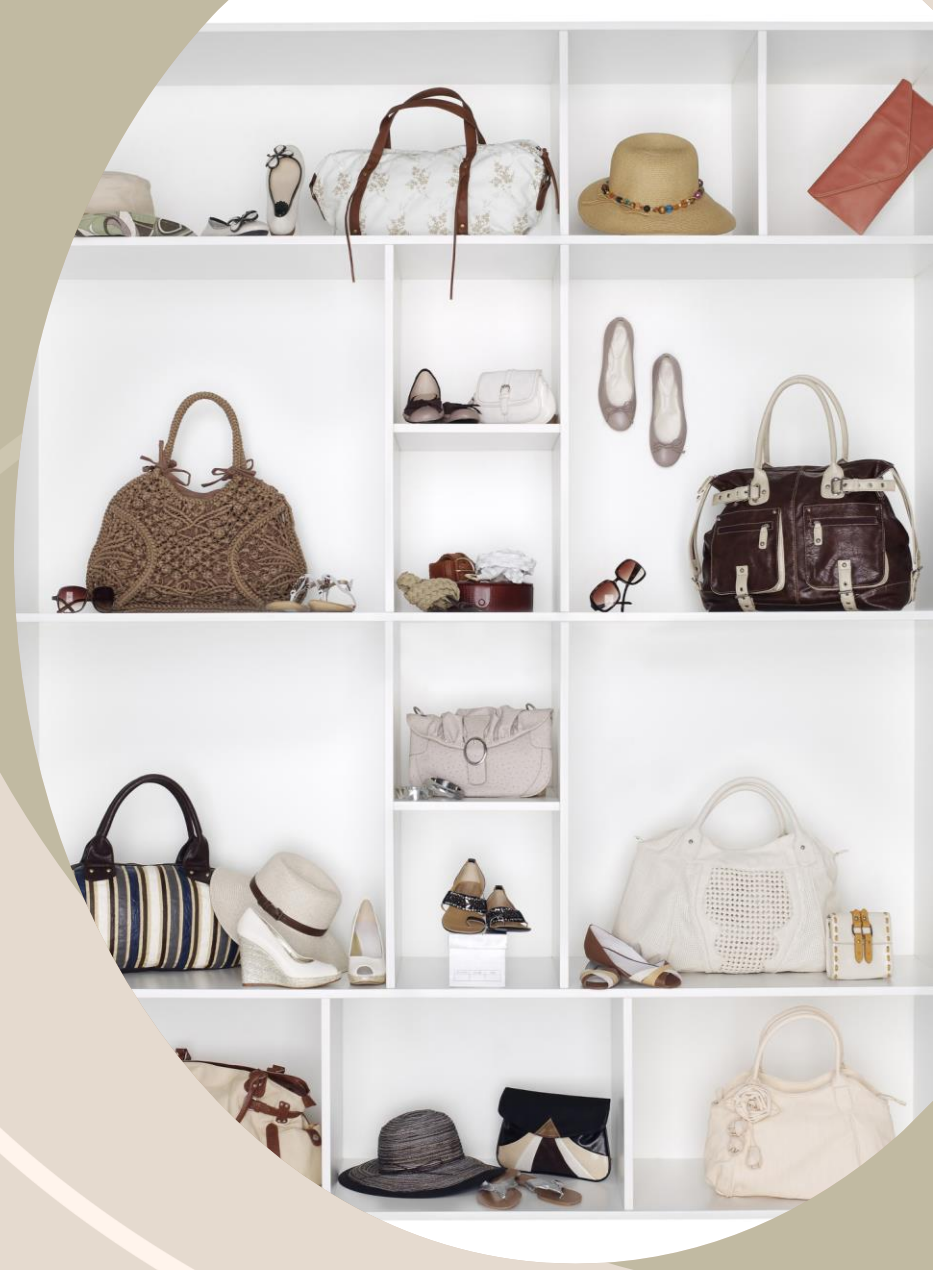
Links Ashley, Joan, Nancy, and Sheila

Saturday, January 20, 2024

Get Organized Month

“This month-long event celebrates how organizers help their clients create environments that support productivity, general health, and well-being.”

- National Association of Productivity and Organizing Professionals



Well-Being Defined

individual satisfaction with the holistic dimensions of a well-lived life
it encompasses health and wellness

PHYSICAL

EMOTIONAL

ENVIRONMENTAL

SOCIAL

MENTAL

FINANCIAL

SPIRITUAL

INTELLECTUAL



Benefits of Living Organized

- **Mental/Emotional:** Clutter and disorganization can be symptoms of anxiety, depression, and mood and personality disorders. Clutter can cause stress, exhaustion, and burnout.
- **Physical:** We're more likely to resort to coping mechanisms such as choosing comfort foods or overeating than if we spend time in neat surroundings.
- **Intellectual:** Our brains need organization to think, and a cluttered environment competes with our focus, creativity, productivity, and memory.
- **Financial:** 1 out of every 10 Americans rent offsite storage— Americans will spend \$37.5 billion this year on storage, at an average monthly cost of about \$190. Americans spend \$1.2 trillion annually on nonessential goods—in other words, items they do not need. In the U.S., more than \$2.7 billion a year is spent replacing misplaced possessions.



3 Tips to Get Organized

Tip #1: Start with the why

Tip #2: Declutter

Tip #3: Maintain



Linked in Well-Being

Greetings, Link Sisters!

We're so happy you've said YES to promoting your health and well-being through home organizing.

This challenge will be fun and meaningful for our sisterhood and an energizing way to kick off 2024!

You can download the decluttering guide and challenge we shared during the January Chapter meeting to the right.

We'll check in throughout the month on Rallyhood. Please reach out to any one of us with questions or



Linked in Friendship, Connected in Service

[Guide](#)

[Challenge](#)

[Slides](#)

Resources:

[Setting Boundaries: Five Tips for Maintaining Your Organized Life](#)

[MKE Lifestyle January 2024: Tidy Up: Tips and tricks to creating a more](#)

4-Week Decluttering Challenge

Week 1: January 21 – 27: Define Your Why/Goals

Week 2: January 28 – February 3: “15-minute win”

Set a timer and declutter a small space such as a purse, car, drawer

Week 3: February 4 – 10: Digital Decluttering

- Unsubscribe from unwanted email
- Remove unused phone apps, photos, and videos
- Clean computer desktops, files, etc.

Week 4: February 11 - 16: Closet Decluttering

Bring appropriate donations for Convergence and Queen’s Closet.



Details & Prizes

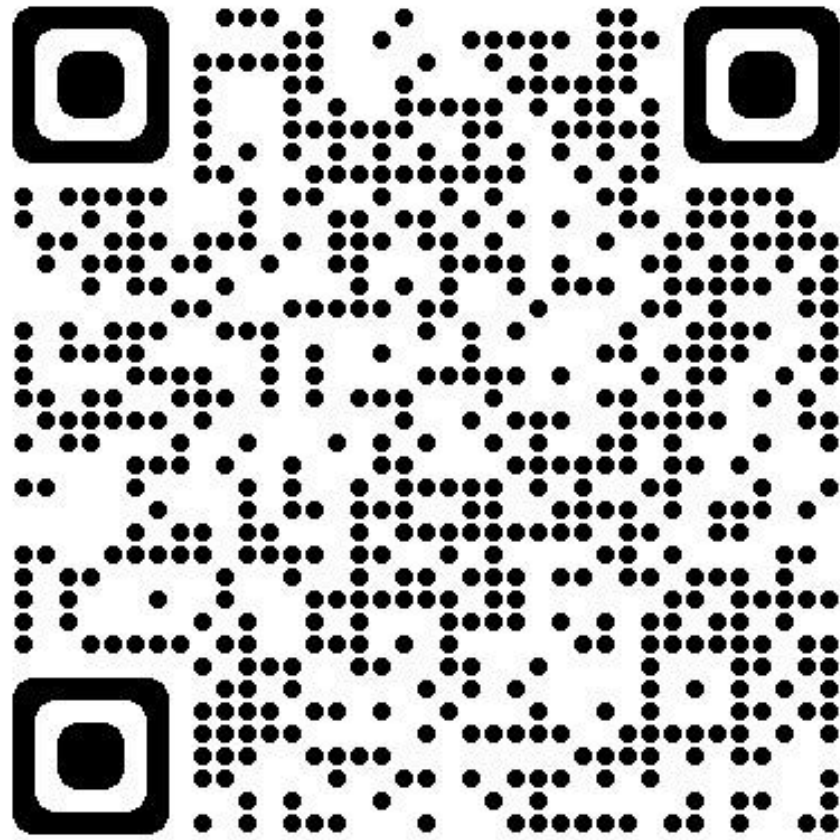
Each weekly completion is a raffle entry. The raffle will take place at our February 17 Chapter meeting.

Prizes include: (Three winners)

- a one-hour virtual closet organizing session with Ashley Hines of Thee Tailored Life (valued at \$125)
- a \$50 The Container Store gift card, and
- a \$25 Target gift card



Let's Be Well,
Together.
Thank you!



The background features a light grey base with large, overlapping organic shapes in muted green and brown. A white silhouette of a pine branch is visible in the upper left. A white line with a wavy, organic path curves across the bottom right.

Question & Answer