



Autumn



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SBA NEWSLETTER AUTUMN 2015

Autumn is in the air. The milder months and the footy season are upon us. Out comes our warmer clothes. There is good walking weather outdoors so go kick some leaves. The temptation is there to try to sleep in just that little bit longer. Here is the first of the seasonal issues for the year.

Collecting "Stuff"

In January, every year there seems to be an increasing amount of hard rubbish left out on nature strips for councils to collect. Perhaps the New Year brings new resolutions to clean up the house, the garage, the shed and your life.

One day, you just may become aware of the luggage of a lifetime that is cluttering your own life and say "enough is enough!" You may have said "bless this mess" but then you realise that you've been drowning in clutter.

By definition, clutter is anything that people keep in their lives that uses up time, space and energy and creates worries. It may involve the visual pollution of physical objects or meaningless activities or old emotions.

Some people are born hoarders. Hoarding is more than just having a lot of things. It's a specific type of behaviour that can have severe impact where personal relationships could even suffer. A hoarder usually accumulates something for preservation or future use. They put a high value on items that could "come in handy in the future" or "it's a shame to throw it away."

If you are one of them, you may frequent garage sales, op-shops, clearing sales, school fetes etc in the hope of acquiring items to add to your collection. Many people who compulsorily hoard can be secretive and embarrassed about their condition.

How can you deal with your problem when you look around and see excess magazines, containers, travel toiletries, clothes, books, newspaper clippings, stuffed animals, records, cd's, audio tapes, kitsch, old toys, diaries, Xmas/birthday cards, items of clothing, shoes, accessories, tools, things on shelves, in filing cabinets.....or anything. How do you deal with it?

It has been said that "We don't really need anything we haven't touched in a year." Or "If you cannot decide to toss out or keep an item, put it in a box for six months. If you don't open the box before then, you can let it go without regret, or "What would be there to dispose of after you die?"

You may have already tried de-cluttering by topping up your recyclables bin, put out some in the hard rubbish, had a garage sale, donated or returned stuff to an op-shop, put 'stuff' in the Salvo's bin or even the council tip may have beckoned.

If you still have the problem of compulsory hoarding and accumulating clutter in your life, then there is help at hand. There are many good serious places to find assistance, Some are;

Clutterers Anonymous It is a support group that has a twelve step program like Alcoholics Anonymous to reduce the clutter from your lives. A suggestion is to declutter your entire house going room by room at your own pace.

Clutter Busters They can be hired to evaluate your problem areas and devise a strategy to clean, organise, downsize or minimalise whatever you don't need.

De-cluttering is not going to be easy.

If you decide to downsize your lifestyle, your aim is to create more mental and physical space by being better organised and taking more control of your life..

You may end up with a life changing habit of tidying up as you go, instead of "Doing it later!"

Kind regards,
Ian Shand

