

Clearing out your closet can clear your mind

We often become overly attached to our personal items, even when they no longer serve a purpose for us. This can lead to a build-up of objects in our homes, which can leave our personal spaces and our minds feeling cluttered.

De-cluttering can reduce our stress levels and help us regain a sense of control over our environment. Therefore, today's activity is to declutter a space in your home. As you only need to spend 15 minutes tidying up, why not pick a small, manageable space such as a bedside drawer or one section of your wardrobe.

Before you start, take a picture of the space and take another when you have finished. This will help you see what a difference just 15 minutes of tidying up can make.

Once you've finished tidying, bag up those items you don't need and donate them to your local charity shop. Giving to others can further enhance our wellbeing by giving us a sense of self-worth and purpose.

Use the space below to record any thoughts and feelings you have before, during and after decluttering.

