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SPRING CLEANING AND ORGANIZING FOR THE ARTIST WITHIN

By Pam Mann, Owner,
Help at Home with Pam

Springtime shows promise of arriving as our days get longer and color peeks out from the ground. The robins start flitting around the lawn, and as the sun feels different from the short, cold days of winter, many of us have new ideas for homes and surrounding areas.

Spring Cleaning and Organizing produces a canvas for all our aspirations. Clean, organized spaces help reduce stress, promote efficiency, and enhance creativity for all family members. Who doesn't want more of that? Here are a few tips to help with the process while you tackle those areas that have turned into a "dumping area."

• **Tackle either cleaning or organizing a space.** Don't try to do both at the same time.

• **Pick the space that you look at and say, "Ugh, I can't even..." Approach this area first.** It's probably been there the longest, and surprisingly, may be easier to determine whether you have a need for these things anymore.

• **Allow it to look worse before it looks better.** Make three piles. Donate, keep, trash (have a trash can with a bag in it for easy disposal). Then work on each pile AFTER going through everything. Transitioning and



putting things away as you touch them takes unnecessary time.

• **When Cleaning, remember to hit the places you don't normally clean.** Baseboards, ceiling fans, windowsills and frames, doors and around doorknobs, light switches, handrails.

• **Change or move some of the areas that are "dumping areas."** Sometimes changing where a chair is positioned or changing areas that you may put things (i.e. shoes, bags, etc.), or making a decorative spot where keys and papers may get thrown randomly will change a habit that will remind us to put objects in their designated space.

• **If you feel overwhelmed, you are not alone.** Many times, there is an event or busy time where things get away from us.

Either make your organizing/cleaning area smaller for the time you have designated or call a cleaning or organizing professional.

With a few of these tips in mind and a clear vision of your new ideas, spring can set the stage for the upcoming summer months, offering growth, creativity and peace of mind. Happy Spring!

Pam Mann is the Owner of Help at Home with Pam, a cleaning and organizing company serving Montgomery and Chester Counties. For more information about services available call or text 610.505.4777 or visit helpathomewithpam.com.

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