



Clean & Tidy Solutions

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Organizing your world.

OUR MISSION STATEMENT:

To share our skills and knowledge through affordable workshops, coaching and hands on organizing/staging, assisting individuals and organizations to live and work in a more organized and stress free environment.

Ranka Burzan is the author of many articles published in the local newspapers. "Helpful Hints to Organize and Clean your Home," "Your Junk or Your Life," and "10 Tips to Organize your Child."

Spring Cleaning Tips

Stress – What is it?

Top 10 Tips to Sell
Your Home

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Spring Cleaning Tips

1. Make a list of spring cleaning chores that you have to do. When spring arrives you will be ready to start. Remember to finish one or two chores per day.
2. Choose one hour a day to clean behind your computer, W.O.W. extension cords are a magnet for dust. Since you are so motivated, check behind your fridge, stove and your window sills!
3. Replace sheets and towels that have seen better days with new ones, donate the rest. I only have two sets that I really like. Save a few for cleaning rags.
4. Walk through your house and gather every piece of clothing that no longer fits you. Donate to Women's Place **536-9611** or Ishtar Transition House **604 534-1011**.
5. Make a list of any outside jobs that need to be done. Make an appointment with yourself and your family to get the job done. If you have to hire a contractor, start shopping around for the best price.

STRESS - What is it?

"I had the blues because I had no shoes, until upon the street, I met a man who had no feet."

To define stress, we would probably come up with words such as weight, anxiety, tension and constant worry. The definition of stress is very clear, the way we deal with the stress is very different from person to person. The coping skills to deal with the stress are more likely learned in childhood, but don't work in our lives today. The emotional chaos the stress causes can make our daily lives and our families very difficult

Some of us experience difficulty sleeping (insomnia) and constant muscle tension, are the physical signs of stress. Some of us have emotional reactions, such as outbursts of crying or anger. Each of us must figure out how to best deal with each situation.

There are three ways to deal with a daily stress:

Solution Oriented: Analyze the situation and find the best possible solution. These are cool headed people that we rely on.

Emotion Oriented: You may prefer to deal with your feelings and need support from family, friends or professional.

Distraction Oriented: You may use activities or work to take your mind of the unpleasant situation. In this situation you have to be careful or you going to work yourself to death, I know this one for sure.

"How to Stop Worrying and Start Living" The Dale Carnegie Book

- a. What is the problem?
- b. What is the cause of the problem?
- c. What are all possible solutions?
- d. What is the best solution?

Change the **small** things, get the **BIG** results.

Top 10 Tips to Sell your House

1. **NEUTRALIZE:** Tone down your wall colors. The goal is to appeal to the broadest buying audience.
2. **DEPERSONALIZE:** Until house sells, put away your family pictures and kids drawings.
3. **DECLUTTER:** Tidy up every room including your garage.
4. **CLEAN:** Clean your house from top to bottom.
5. **CHECK YOUR CURB APPEAL:** You would like them to drop by not to drive by.
6. **KEEP YOU PETS UNDER CONTROL:** Many people are scared of dogs or find the smell offensive.
7. **DEFINE EACH ROOM:** You are selling a lifestyle. Make sure your buyer is clear where he can entertain, study or relax.
8. **FINISH THE SMALL JOBS:** Water dripping, wet ceiling, and peeled paint.
9. **GOOD LIGHTING:** Change the bulbs or invest in some new light fittings.
10. **ACCESSORIZE:** Use mirrors to maximize light and space. Use colorful throwaways, candles, table cloths or runners, beautiful bedding and towels, plants to make your house beautiful and appealing.

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The biggest thank you goes to my customers for their referrals and trust with their homes and possessions.

Ranka

Feel free to forward this newsletter to your friends and family who may be interested.

If you no longer wish to receive this newsletter, or communication from us, please let us know. Email us at info@cleantidysolutions.com

**Best regards,
RANKA**