

May 2006

Volume 2, Issue 5



Ranka Burzan

Feature Article:

Why Do People Hoard?

Recommendation

www.cleantidysolutions.com



Clean & Tidy Solutions

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."

Why Do People Hoard?

The people who contacted me about their hoarding habit also sent me the amazing stories attached to every item they are keeping. None of these items are ever used, but to people who hoard they are valuable. Different people hoard for different reasons, but they all have one thing in common replacing the people they lost with the things left behind. Another reason that people hoard is a fear of discarding the items that one day might become valuable. I will do it tomorrow is called procrastination, the fear of making a wrong decision, not being able to commit to the chores in their home. The fear of changing, wanting things to remain the same and by keeping everything, nothing has to change. Some people who went through depression might have a fear of not having enough food, clothing or necessities for living. These people usually pass their way of living onto their children and grandchildren.

Lack of functional living space is just one of the many challenges that people who hoard face. Unhealthy living conditions are very much of concern for the families of hoarders.

(continued next page)

The children who live in cluttered homes are likely to experience stress, allergies, fatigue and difficulty concentrating and sleeping. These families are exposed to dust, dirt, and molds that exist underneath and throughout clutter. The only way to alleviate this medical condition is to remove the clutter from the house.

I meet people who have hundreds of magazines and stacks of old newspaper they are saving for the fear of losing valuable information. They have every intention of reading their magazines or newspapers, what they failed to recognize is that the clutter accumulates faster, than they could read.

The fear of making mistakes and the amount of the clutter collected makes it very difficult for the hoarders to prioritize every day chores. They get to the point of being overwhelmed with every day tasks, constantly looking for their possessions and not being able to start dealing with their situation. Where do I start? This is a common question I get on a daily basis. The people who have excessive amounts of items in their home also have difficult time categorizing and organizing their belongings. Out of the frustration they create the little piles through the house where everything becomes miscellaneous.

The Golden Rules of Clutter!

- If you don't use it lose it.
- Replace the old with a new.
- Everything has a place if it doesn't toss it.
- Less is almost always more.
- Less is easier to maintain.

REFERENCES:

Overcoming Compulsive Hoarding

It is available at Chapters.

Clean & Tidy Solutions

www.cleantidysolutions.com

#205 - 20856 56th Ave.
Langley, BC
V3A 3Z2

PHONE:
604-530-8499

E-MAIL:

info@cleantidysolutions.com

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

To unsubscribe, email

info@cleantidysolutions.com

and type 'Unsubscribe' in the Subject line.

Best regards,
RANKA

RELATED NEWS & EVENTS

GET ORGANIZED!

- Our next promotional event is on at Zellers in Metrotown in hardware section.
 - Date: **Saturday, May 20**, 2006
 - Time: 2:00 – 4:00 PM
- Come and see a huge assortment of organizing baskets, containers and home accessories to get your home organized and beautiful.



Special Recommendations:

Do You Need a Carpenter?



Need to have a beautiful, custom built piece of furniture?
 Need to hang shelves in your bathroom or garage?
 Call these excellent carpenters:

Sean 604574-5707
Dusan604 882-2932