

# How Decluttering your Home can Help Save the Planet

## Did you know that decluttering is good for the environment and your bank balance too?

A study by the University of California (UCLA) found that too much clutter [increased the level of stress hormones](#) that home occupants experienced. That means your junk is stressing you out, and your home should be a serene place where you rest from the rigors of your work day. All that clutter also prevents you from cleaning properly, so you're creating an environment favorable to pests and bacteria. The risk of tripping over something is also increased, but perhaps the best argument for you to turn out the trash is that it will not only save you money, but the environment too.

### Stop Buying So Much

Live below your means and within your space. Clutter results when we buy things we don't really need. We get it; marketing is great and you may be tempted to reward yourself for all your hard work, but focus on buying experiences, not things. Before making a purchase, ask yourself; "Do I really need this?" If the answer is yes, ask if you can't borrow from a neighbour or modify something you already have to fill the gap.

[Lending Libraries](#) are springing up in every town. You can lend tools, gardening equipment, kitchen supplies, sports equipment and just about everything else. When you borrow single-use items, you save money and reduce your impact on the environment.

### Your Trash could be Treasure

Decluttering means you get rid of all those things you don't really need. Of course, you won't throw it in the landfill, instead you can use sites like [Craigslist](#) and [Kijiji](#) to find buyers or have a yard sale. By keeping items from the landfill, you're making money and saving the planet.

If you don't want to sell your old items, consider donating them to charity. You do a good deed for the environment by keeping things out of the landfill and reusing valuable resources, you help the charity of your choice and you can get a tax rebate in some cases.

### Save Time

When your home is decluttered, it's easier to find things. According to the [National Association of Professional Organizers](#), the average person spends a year of their life looking for missing items. When surveyed by Harris Interactive, [23% of participants](#) said they had not paid a bill because they couldn't find

it. Late payments incur overdue fees and, in some cases, may affect your credit rating.

If you have items that can't be reused, be sure to recycle them. Dispose of dangerous items and batteries in the [Orange Drop bins](#), used paint, solvents, flammables, pesticides and fertilizers can be taken care of by the [Regeneration Program](#) and [Recycle my Electronics](#) will take care of your e-waste.

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