

Mayo Clinic Minute

Mental health benefits of tidying up

Video	Audio
Vivien Williams	Stuff. It's everywhere.
Craig Sawchuk, Ph.D. Psychology Mayo Clinic	"We come from a culture where we like to acquire things, and that's, you know, quite normal."
Vivien Williams	Dr. Craig Sawchuk says if the amount of stuff coming in exceeds the amount going out, we can get lost in our own clutter.
Craig Sawchuk, Ph.D.	"The brain likes organization. It doesn't necessarily have to be minimalistic, but it really likes organization. It reduces stress in our life."
Vivien Williams	Too much clutter may increase stress and your risk of depression. It may also create time management problems that can make other issues worse.
Vivien Williams	If you want to clean up the clutter, Dr. Sawchuk says to try these three things:
Sawchuk, Ph.D.	"Commit to getting started. Literally, get it on the calendar."
Vivien Williams	Be accountable. Tell a friend or family member you're going to clear the clutter. Finally, make it fun. Listen to music or think about how the process and results will improve your quality of life.
Vivien Williams	Talk to your health care provider if the clutter becomes overwhelming.
	For the Mayo Clinic News Network, I'm Vivien Williams.