

tips for managing
Holiday Overwhelm



THREE SIMPLE WAYS TO USE
ORGANIZATION TO REDUCE STRESS
THIS HOLIDAY SEASON

BY KIM SMITH

'Tis the season to be... organized?

Let's be honest. When it comes to thinking about the holiday season, *the feelings of stress and overwhelm are just as prevalent as the feelings of joy and peace.* From having to buy and wrap countless gifts, to having to travel here and there with a carful of children, to having to maintain a fairly tidy home for family gatherings and surprise visitors, our plates can fill up and overflow quite quickly (and I'm not talking Thanksgiving seconds, here).



Although nothing can completely eliminate the stress we endure this time of year, getting certain aspects of our homes decluttered and organized can help to reduce anxiety and allow us be more productive and prepared for all the things the holidays throw our way.

This guide will share three tips for decluttering and organizing your home in time for the holiday season so that you can better enjoy your days with family and friends.

Tip #1: Organize Your Wrapping Station

Keeping all of your gift-wrapping supplies together in one location helps you to be more productive and efficient.

First things first: **Determine which style of gift wrapping station works best for you.** The wrapping station you decide to create for yourself should include all of the items needed to successfully prepare those perfectly taped and ribboned packages *while also* accommodating your individual aesthetic and visual needs.



the organizer's wrapping station suggestions

For visual people:

- If you are a more visual person, consider a storage solution that allows you to see your full wrapping stock at all times. Door-hanging racks and rolling craft carts are two great options!

For non-visual people:

- If you become easily distracted by visual stimuli, consider using storage containers to hold (and hide!) all of your wrapping supplies. Under-the-bed storage bins may be your top choice here!

(s)he's making a list...

Don't feel like searching around for the perfect wrapping station?

Here are some top wrapping station organizers for both visual and non-visual people!

Click each picture to be brought to the product's destination!



*...for
visual people*

*...for non-
visual people*



Tip #2: Prepare for the Incoming Toys

No matter which holiday your family celebrates, the giving and receiving of toys seems to always be involved. *Knowing this, there is no better time than now to begin making space for all of the new items that will be making their way into your child's bedroom, playroom, or a shared space in your home.*

1. **Prepare for Decluttering**

- *Bring a box labeled "Donate" for anything that can be given away.*
- *Bring multiple trash bags for broken toys or items that are missing pieces*
- *Pick a corner to start in and work around in a circle.*

2. **Establish Decluttering Rules to Follow**

- *Create rules for which items will be donated and stick to them! An example may be anything that is no longer age-appropriate or that has been accessible yet has gone untouched in 6+ months.*

3. **Release Your Guilt**

- *It can be hard to let go of your kids' toys because of the memories you've attached to them, but if they are no longer being used in your home, it's time to let another child find joy in them.*



Tip #3: Purge Old Decorations As You Go

Do you know that chunky Santa figurine that your Aunt Gilda gave you a few years ago? The one that no longer fits in with your design aesthetic so you just keep it at the way bottom of your holiday storage tote? Well, instead of turning a blind eye to chunky Santa this year (and other such items), take the time to *purge as you go*.

Not only does purging unwanted items help to relieve stress, but it also provides you with additional storage space for the things you truly enjoy and desire to hang onto!

pro tip

MAKE THIS PROCESS EASIER BY KEEPING A CARDBOARD BOX LABELED "TRASH" OR "DONATE" BY YOUR SIDE WHILE DECORATING YOUR HOME THIS HOLIDAY SEASON!



Thank you!

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