



Setting the Stage

Attack the Clutter

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Clutter can be quite distracting and can often affect energy and stress levels and mental clarity. People accumulate so many possessions over their lifetime. Often times, it is difficult to appreciate what you have when you are surrounded by too much around you. Look for areas in your home that are overcrowded or unorganized. An effective way to start the de-clutter process is to create a list of short term goals and long term goals.

Short term goals may consist of immediate changes that you hope to see around your home. For example, getting rid of all the clothes in your closet that you have not worn in two or more years or cleaning out the cupboards in your kitchen. List these goals according to priority.

Long term goals cover a larger scope. It could be getting your house ready for the selling process. When de-cluttering each room, its best to keep in

mind the function of each room. Every item within it has its rightful place and if it does not, ask yourself whether or not you really need it and whether it has special meaning to you.

You will be impressed at how an organized home affects all aspects of your life.

Special points of interest:

- How clutter can affect energy and stress levels
- Ovarian Cancer Canada partnering with Havens for Healing

Havens for Healing

ReDesigners across Canada are volunteering their time, talents and skills to create **Havens for Healing**.

The Canadian ReDesigners Association (CRDA) has partnered with the Ovarian Cancer Canada (OCC) to ensure that women currently in treatment for ovarian cancer have a comfortable and harmonious room in their home in which to focus on recovery.

Together we can raise awareness of the disease that has whispered for far too long. If you are, or know of, a woman undergoing treatment, contact me at settingthestage@rogers.com, or 905-476-2504 or canadianredesigners.org.



Setting the Stage

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