

There Was a Great Reason Your Mom Wanted You to Tidy Up

Do you remember your mom *constantly* telling you to tidy up when you were a kid?

And you probably rolled your eyes (go on- admit it!) sighed and then either stuffed everything away under your bed or started to actually enjoy the process and were pleased with the result.

At the time, you just thought she was being annoying, and you'd much rather get on with cutting all the hair off your Barbies or transforming your white gym shoes into black ones a la marker pen.

But it turns out that mom knew more than she was letting on.

Tidying up doesn't just make your living space look clean and sparkly, **it's also one of the healthiest habits you can practice.**

Get rid of that clutter, buy less stuff and organise your life and you'll be well on your way to overcoming stress, thinking more clearly and building the life of your dreams.

Let's take a look at why being surrounded by mess is so bad and why tidying up can work miracles...

Why is it so bad to be surrounded by mess?

1. You can't find your stuff!

Want your car keys? Hmm... try searching under that pile of paper scattered across the desk.

Wondering where you put that beautiful new mala? Well...it must be around here somewhere...

If you're anything like me, losing stuff like this can be really frustrating, make you late for all kinds of appointments and leave you struggling to find the items you need!

2. It's VERY stressful

Being surrounded by mess is stressful. Studies have shown that walking into a cluttered, messy room actually increases the levels of stress hormones in your body. Eek!

We already have super-busy lives, so having mess around you just adds more on the pile of chaos.

Besides, you know you should be tidying up, you can feel how much it's stressing you out, but it can feel like it has a life of its own.

If you already suffer from an anxiety disorder or depression, you're especially vulnerable to the damaging effects of all of this stuff.

3. You can't think straight

Your mind prefer cleans and well-organised spaces in order to work effectively- it's a biological fact.

So if you're constantly being distracted by the chaos around you, you really can't ever fulfil your true potential.

Tidy spaces help promote both creative and logical thoughts and help promote successful projects.

4. You'll waste your precious time!

And lastly, if you do try to fight back against that clutter, you'll spend sooo much time sorting and tidying up that you will have less time for following my fun and frantic workouts and hanging with your friends. That hardly sounds like fun to me!

Why you should start tidying up

You don't have to sit back and let chaos dominate your life!

You can take control of the stuff around you (but probably not in the way you think) and you'll feel so much better for doing it.

Instead of squashing everything away or wasting the day in Target looking for a storage solution, consider taking the approach of Marie Kondo, author of "The Life-Changing Magic of Tidying Up".

Take each of your possession in turn and decide whether it really brings value to your life.

If not, sell or donate it.

If so, keep it somewhere safe and really enjoy it.

Simple.

Then go through your apartment or home as quickly or slowly as you like, and you'll soon have a living space that's calm, organised and feels much better to be in.

It will also be easier to clean, keep organised and you'll be surrounded by items that you LOVE.

There was a great reason your mom wanted you to tidy up.

It makes you feel good.