

Bless this Mess

by Robyn Amott

Becoming a mum and establishing a family unit may be one of the most joyous experiences we encounter in life, but children truly turn our lives upside down! Juggling the routine, the housework and nurturing the relationships with our children and partner, all whilst trying to keep it under control and maintain our sanity is quite a challenge.

Babies and children come with so many accessories! Some are needed to ensure their health and safety, while others provide them with entertainment, and all of them need space in our homes. A good way to create space is to firstly de-clutter your current possessions. Clutter not only leaves you feeling disorganised, it can also affect the way you conduct yourself and add unnecessary stress to your day.

Another tip is to make time each day to keep on top of tasks. Once they spiral out of control, the thought of tackling them can be quite overwhelming and you may wonder where to start. If you dream of your home becoming a blissful haven which you can sit back and enjoy, begin by simplifying your surroundings and freeing yourself from clutter!

Use some basic organising strategies to put yourself back in the driver's seat. You will reduce the stress in your life and the time you spend trying to find everything you need. Wouldn't it be great to know where everything is and be able to grab it at a moment's notice?

"Tasks often don't take as long as we imagine they will"



Here are eight simple things you can do each day to get yourself organised:

1. Make the beds and do a general tidy up each morning to provide visual order.
2. Open your mail over the bin and discard unwanted items immediately.
3. Don't put it down – put it away!
4. Apply the 'one in one out' rule.
5. If you see it – sort it straight away. Leaving it 'til the weekend or the holidays only compounds the amount of work, time and emotional energy required for the task.
6. Invest the time each day to do just one thing, add another the following day. Tasks often don't take as long as we imagine they will.

7. Be realistic about what you can achieve on a daily basis.
8. Clear the decks before you go to bed, so you can start fresh in the morning.

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Robyn Amott is a Professional Organiser and owner of **Bless this Mess**. She is the mother of two pre-schoolers and knows only too well how much of a juggling act life can be when raising children. Robyn offers simple solutions providing the hands on motivation you need to put it all into place, and maintain it. Email robyn@blessthemess.com.au for further information.