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Before You Move, Clear Out The Clutter

By dan the roommate man

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One of the biggest hassles of moving to a new apartment is packing, and unpacking— your belongings. While it's tempting to just throw everything in any box, packing isn't that straight-forward. Breakables and odd-sized items need to be protected, boxes need to be light enough to lift and carry and items that are housed in various rooms need to travel together.

One terrific way to make packing and unpacking much easier (and save money on your moving costs) is to clean house and clear out the clutter before you even begin to pack. There's simply no reason to go on storing things you'll really never use, especially when you're investing the time and money to move those things to your new home.

Disposal options are many and include giving things to family, friends and neighbors, donating things to charitable organizations and selling things at a yard or garage sale. The garage sale is a popular choice because it brings in some extra cash for any unanticipated moving expenses.

Place an classified ad announcing the garage sale in your local newspaper, open your event early in the morning and be prepared to sell your belongings for much less than you paid for them. People will buy just about anything at a yard sale, but they usually expect a hefty discount on stuff that's been used. The items for sale should be cleaned, reasonably priced (use small round stickers) and attractively displayed.

If you want to price things right and get the most money for your stuff, visit a few other sales in your neighborhood before you hold your own. Ask the people holding the sale how they determined their prices and how well various categories of goods (e.g., books, clothing, toys) are selling. Then price your own items accordingly.

If you want to dispose of expensive electronic gear, sporting equipment or recent-year designer clothing, consider offering the items at a consignment store. These stores have become more up-scale in recent years and they offer a neat way to sell your more valuable but used belongings at a fair price. Check the telephone directory for consignment shops in your area.

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Other tips and reminders:

Get receipts for your donations, so you can take an income tax deduction.

Take all hazardous wastes (e.g., motor oil, leftover paint, spent batteries) to the designated drop-off area in your community.

Don't stock up on groceries or personal care items right before you move. Instead, use up your canned goods, frozen foods and spare boxes of tissues, so you won't have to move them to your new home. Then restock after you've moved and unpacked.

Many professional movers don't handle open liquor bottles, so you'll have to give those away to your neighbors, transport them yourself (be mindful of vehicle code rules on this one) or have a party.

If you really can't bear to part with your unused belongings, consider a storage facility. Be sure to ask about access hours, key control, lighting, climate control and security at the storage site.

Since 1989 dan the roommate man has helped 1000's of people find roommates. Need help? Contact him at 800-487-8050 or www.roommateexpress.com

3 Methods for Clearing Mental Clutter

By Jennifer Koretsky

Many adults with ADD have a hard time slowing down their brains. Thoughts often come at whirlwind speed, and it can be hard to concentrate on the tasks at hand when so many other thoughts are floating around in the brain. I call this "mental clutter."

Often times, mental clutter is made up of worries and bad feelings. (Very few people get overwhelmed by the amount of positive thoughts in their heads!) Regrets of the past and worries about the future can easily overshadow the present moment. Self-doubt can also take up a lot of space in the mind. When an excess of these types of thoughts take over in the brain, it can be stressful, upsetting, and sometimes even paralyzing.

The best way to clear this mental clutter is to process the thoughts, rather than letting them swim around in your brain. Doing so will allow you to focus on the present moment, and feel more calm and centered.

The following 3 methods have proven very helpful in clearing mental clutter.

1. Write

A great way to clear mental clutter is to transfer the thoughts from your brain onto paper. This can be in the form of a to-do list, an email to a supportive person in your life, or a journal entry. When the

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thoughts are recorded, there is no need for your brain to hold on to them.

Additionally, if you feel weighed down by a situation (like an argument with a family member) writing about it can help you process your feelings. You can get a better grip on the events, how you feel, and what you might have done differently. A page or two might be all it takes.

2. Talk

Many people with ADD are "verbal processors." This means that we often work through thoughts and feelings by talking them out. It helps to have an objective person to talk to, who can mirror your thoughts and talk them out with you. However, the very act of talking is often what does the trick, so having someone to talk to isn't always necessary. Many people find that talking into a tape recorder suits their needs. Others talk to plants or animals. (I talk to my dog so much that I'm surprised she doesn't talk back by now!)

3. Move

Some ADDers can clear mental clutter by moving. Something as simple as a 10-minute walk can give the brain a needed jolt. Others may find that they feel free of extraneous thoughts after a visit to the gym. The time alone combined with the physical activity proves to be a successful formula for some ADDers to work through their mental clutter.

It's best to experiment with the different methods and see which work best for you in the different areas of your life. The important thing to know is that with a little time-out, mental clutter can be cleared!

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Jennifer Koretsky is an ADD Management Coach who helps adults learn how to manage their ADD and move forward in life. She offers individual and group coaching, workshops, and skill-building programs. Her work has been featured in various media, including The New York Times Magazine. Subscribe to Jennifer's free email newsletter, The ADD Management Guide, by visiting

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Get Rid Of Your Clutter: Focus On What You Want!!

Spring into Spring

2 Easy Steps To Stop Clutter

10 Simple ways to Clear Clutter from your Home and Office

Battle At Sea

Magic Subscriber – Automatically capture your visitors email address

Time Stretching Tips

The Public Domain Reports

DOS Made Easy



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