

PRESS RELEASE

Monday 30th December 2013

20% of people who made a New Years Resolution at the beginning of 2013 to Declutter and Get Organised now have more clutter.

According to a survey by the Clutter Clearing Consultancy - a Coaching company run by a former Clutterholic, Clare Baker.

With 2014 fast approaching, the latest findings from a survey by clutterclearing.net have revealed that 10% of the population will be making a 2014 New Years Resolution to declutter and organise their homes. However, 73.2% of them also made the same New Years Resolution last year - and failed to succeed because they didn't get expert help and tried to do it on their own.

clutterclearing.net Top Tip Subscribers completed the on-line survey about their decluttering challenges, experiences and issues BEFORE they started receiving top tips and advice about how to succeed with their New Years Resolution.

Of the cluttered rooms that people have in their homes:

- 82% have a cluttered kitchen (no doubt all those Christmas gadgets we were given and we feel we 'should' keep but don't have space for)
- 81% have a cluttered lounge
- 64.6% have a cluttered double bedroom
- 53.3% have a cluttered double garage.

It would appear that it's not just the 'physical' clutter that we are having to deal with when we decide to make decluttering a New Years Resolution. The affect on our sense of wellbeing is stark.

- 48.4% of people feel 'overwhelmed' with the clutter
- 12.6% of people say their clutter makes them feel 'depressed'
- 12% feel 'out of control'
- 10.6% feel 'uncomfortable' with their clutter.

'The reason for this is simple when you look at the biggest challenges that they tell us they have' explains Clare Baker, founder of www.clutterclearing.net

- 27.7% of people don't know where to start with their decluttering
- 15.9% don't have a process to follow
- 13% of people say they struggle most with 'making time' to declutter and organise their homes.

That's why they come to us for help. Some people (12.5%) have had their clutter for more than 10 years, and they understandably find it hard to change the habits of a lifetime. It's why people who try to do it on their own often fail - because they don't change their fundamental habits that have caused the clutter in the first place'.

Clare's 3 top tips for anyone planning a New Years Resolution to declutter and organise their home in 2014 are:

1. Part of the reason you've failed in the past is because you haven't stopped the clutter coming into your home. Getting it out of your home is only 1 part of your decluttering – to keep the clutter away you have to deal with where the clutter comes from, which requires you to change your habits.
2. Give yourself a realistic deadline. To clear the backlog of clutter AND have a life, you need to aim to do 2 Clutter Clearing Sessions a week so that it doesn't take over your life. If it takes over your life until it's all gone, it's going to become a chore – and it's human nature that when things feel like a chore you will avoid doing them at all.
3. To declutter efficiently, sort and categorise your clutter into no more than 7 'piles' of clutter, set yourself a time limit, and make sure you action the piles when you've finished. It's very often the actioning that is missing when you fail to declutter.

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Clare Baker is available for telephone interviews throughout the New Year. She is able to travel to the BBC Radio Oxford studios if appropriate.

For full results of the on-line survey, more information on clutterclearing.net or interviews with Clare Baker, contact Clare Baker on:

01295 275030

or

0777 5897955

or

email: clare@cdc-uk.net

About clutterclearing.net

clutterclearing.net is a coaching business that supports people at a practical level to achieve a permanently clutter free and organised home. It was set up 13 years ago to help people who want to declutter and get organised without the need to have someone else do it for them.

Clare Baker set up the business as a result of having her own Clutter Challenge and being unable to find help that taught her the skill of HOW to clear her clutter and make decisions.

clutterclearing.net helps people throughout the UK – and also has clients across the world who get Clare's help via her LIVE Clutter Clearing TV Channel.

Products and Services include: FREE Top Tips, FREE Storage advice, eBooks, Audio Guides, DIY Kits, one day workshops, Virtual Success Clubs, , Declutter Day Support Packages, ongoing Telephone Coaching and Help in your Home.

Visit www.clutterclearing.net for more information.

READER OFFERS & COMPETITION PRIZES OF FREE CLUTTER CLEARING CLUTTER COLLEGE (A 12 week programme of help WORTH OVER £780) AVAILABLE.

Contact Clare Baker on 01295 275030 or clare@cdc-uk.net

Survey results: 451 top tip subscribers took part in the survey.