

## FOCUS: ENVIRONMENTAL WELLNESS

### MON

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An organized pantry helps you quickly access essentials, minimize food waste, and encourage mindful consumption and purchasing habits.

#### REORGANIZE YOUR PANTRY

- Empty your shelves.
- Group items by theme or category, not size.
- Choose storage containers wisely - clear, stackable bins will ensure you can see your items and enable efficient use of shelf space.
- Label shelves or containers to maintain organization and make it easier to find what you need.

**TAKE ACTION:** Share your newly organized pantry on social media along with your favorite storage solution. Tag @sceniccityneuro and inspire others to join in.

### TUE

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Cleaning out your closet helps you find clothes faster, clears your mind, and makes you happier by getting rid of stuff you don't like anymore. It can also help you save money if you sell or trade clothes on Facebook groups like [Chattanooga Women's Clothing Shop and Sell](#) or [Chattanooga Area Buy, Sell, and Trade](#).

#### PURGE YOUR CLOSET

- Tips inspired by the [KonMari Method](#).
- Get in the zone by turning on your favorite music or podcast.
- Empty your closet completely, then hold each item to see if it sparks joy.
- Follow the one-year rule: if you haven't worn it in a year, consider donating or discarding it (excluding special occasion wear).
- Sort items into keep, donate/sell, and discard piles.
- Give each piece a designated home to prevent clutter.
- If short on time, try the reverse hanger trick: face all hangers backwards, after wearing a piece of clothing, return items on hangers facing the normal way, and purge clothes still on backwards hangers after a set period.

**TAKE ACTION:** Share your closet purge on social media for a chance to win a Scenic City Neurotherapy umbrella! Tag @sceniccityneuro and challenge your followers to join in by decluttering their closets.

## WED

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**Cleaning your shower while you are in it is a convenient and efficient way to maintain a hygienic bathroom.**

### **CLEAN YOUR SHOWER WHILE YOU'RE IN IT**

- Keep a bucket of cleaning supplies directly inside your shower. Not sure what to keep in it? Check out [How to Clean Your Shower](#) for ideas!
- Use a squeegee to wipe down the walls and glass doors after each shower to prevent water spots and mildew.
- Use a multi-purpose cleaner or a homemade solution of vinegar and water to quickly clean surfaces as you shower.

**TAKE ACTION:** Establish a cleaning routine that fits your schedule, whether it's cleaning a different part of the shower every day or dedicating a specific day each week for a thorough clean. This way, you can maintain a consistently clean bathroom without feeling inconvenienced by cleaning tasks.

## THU

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**Committing to daily decluttering helps make it feel less overwhelming. Spend a little time each day tidying up to make the task easier to manage and less of an inconvenience. This habit gives you more control over your space, reduces clutter, and improves your mental clarity.**

### **COMMIT TO DAILY DECLUTTERING**

- Use the [TOSS](#) app! TOSS is a manageable and fun decluttering app. There's no signing up for anything and the process couldn't be easier: simply open the app, receive a daily task, and either delete, skip, or mark it as done.
- Or try out our Decluttering Checklist on the following two pages.

**TAKE ACTION:** Show off your progress by sharing a screenshot of your TOSS app task or a photo of your decluttering checklist. Let's inspire our friends and family to join in! Don't forget to tag @sceniccityneuro to keep us all accountable.

# Decluttering Checklist

## KITCHEN

- |                    |                          |
|--------------------|--------------------------|
| Expired food       | <input type="checkbox"/> |
| Plastic cutlery    | <input type="checkbox"/> |
| Stained containers | <input type="checkbox"/> |
| Broken bottles     | <input type="checkbox"/> |
| Old mugs           | <input type="checkbox"/> |
| Unused appliances  | <input type="checkbox"/> |

## BATHROOM

- |                            |                          |
|----------------------------|--------------------------|
| Old travel items           | <input type="checkbox"/> |
| Expired makeup             | <input type="checkbox"/> |
| Expired medicinal products | <input type="checkbox"/> |
| Old toothbrushes           | <input type="checkbox"/> |
| Dried nail polish          | <input type="checkbox"/> |
| Duplicate items            | <input type="checkbox"/> |

## BEDROOM

- |                              |                          |
|------------------------------|--------------------------|
| Old clothes                  | <input type="checkbox"/> |
| Old shoes                    | <input type="checkbox"/> |
| Unpaired socks               | <input type="checkbox"/> |
| Unused items                 | <input type="checkbox"/> |
| Broken or unused accessories | <input type="checkbox"/> |
| Extra hangers                | <input type="checkbox"/> |

# Decluttering Checklist

## OFFICE

- Old bills

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- Used notebooks

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- Dried pens and markers

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- Old menus and flyers

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- Used gift cards

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- Old calendars

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## GARAGE

- Empty boxes

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- Loose screws and bolts

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- Old paint

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- Unused tools

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- Boxes unopened for over one year

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- Old party supplies

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## MISCELLANEOUS

- Unused linen

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- Expired cleaning products

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- Burned candles

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- Board games and puzzles with missing pieces

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- Outdated consoles, phones and cords

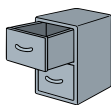
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- Old toys

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## FRI

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**Junk drawers serve as a storage solution for miscellaneous items, helping prevent clutter. However, this system only remains effective for a limited time. Regular maintenance is necessary to keep the drawer functional and organized.**

### **ORGANIZE YOUR JUNK DRAWER**

- Remove everything from the junk drawer and assess each item. Do you really need it all?
- Be ruthless in decluttering and only keep items that are frequently used.
- Use drawer dividers or organizers to create designated sections.
- Separate items into categories such as office supplies, batteries, or small tools.
- Regularly reassess and remove any unnecessary items to maintain order.

**TAKE ACTION:** Tidy up that junk drawer! Share a picture of your organized drawer on social media. Tag @sceniccityneuro and challenge your friends to join!

## SAT

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**In today's fast-paced world, we are often bombarded with stimuli and responsibilities, leading to feelings of overwhelm and anxiety. Designating a specific area in your home as a stress-free zone provides a sanctuary where you can unwind, relax, and recharge.**

### **ESTABLISH A STRESS FREE ZONE**

- Choose a quiet, secluded area with natural light and minimal noise.
- Declutter and organize it to create a calm environment. Simplify decor to minimize distractions and stimulation.
- Personalize it by adding comfortable seating, soothing elements like plants or candles, and meaningful items.
- Use the space for relaxation activities such as reading, listening to calming music, practicing meditation, or enjoying peace and quiet.

**TAKE ACTION:** Take time to create your own stress-free area at home. Share a photo or video of your designated zone on social media, and don't forget to tag @sceniccityneuro to inspire others to join in!

## SUN

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**Financial stress is often noted as one of the most significant stressors. By reevaluating your finances and taking control of your financial situation, you can alleviate this stress and reduce unnecessary spending.**

### REEVALUATE FINANCES

- Track your spending to understand where your money is going. Try apps like [Goodbudget](#) or [EveryDollar](#).
- Create a budget with different categories like bills, savings, and leisure activities to manage your finances effectively. [Microsoft Excel](#) and [Google Sheets](#) will provide helpful templates.
- Review subscriptions that are no longer in use or can be canceled to free up funds. Try [Rocket Money](#), a helpful app for easily canceling unwanted subscriptions, and it tracks spending too!
- Negotiate bills with service providers for lower rates or explore cheaper alternatives.
- Set short-term and long-term financial goals to stay motivated and focused on improving your finances.

**TAKE ACTION:** Take time to review and adjust your finances. Ensure all relevant parties are involved in the process so you can all take responsibility and keep each other accountable.