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Sometimes, on the contrary, they store absolutely unnecessary for years. For me, it is necessary to disassemble my things from time to time in order to highlight what is needed and get rid of what just takes up space.

The feeling of comfort disappears as soon as too much is accumulated in the house. When a dwelling turns into a house, it becomes for us a refuge from the hardships of the outside world and, in a sense, an extension of our personality. Each room is a witness to something important that is happening in our lives. Photos on the wall, figurines on the shelves are more than just decorative elements. They talk about the places you have visited and the people who have been and are in your life.

This is an environment in which we can be ourselves, which reflects our current perception of ourselves. But when we lose control over the accumulation of things, they turn into trash, cluttering up space and poisoning our lives. Cluttering is a very insidious process: our natural desire to equip personal space is getting out of hand, the researchers note.

The critical point can come unnoticed: yesterday our house seemed to us the ideal of comfort, and today it becomes like a forest thicket. We look at the mountains of things and want only one thing: to get away from here as far as possible. And all because even some trifle takes place, and when there are a lot of them, our personal space is oppressed. There is chaos that takes energy.

Periodically, you need to clean up to get rid of unnecessary things. Thus, order is restored not only in the surrounding space, but also in the head, relief comes.