



How to Make Decluttering More Manageable

By Julie Martella

Navigating  Widowhood

- ❑ Remember, getting rid of the stuff isn't removing your loved one.
- ❑ Start with small bites that aim for success.
- ❑ Begin with impersonal items that are less likely to cause a grief wave.
- ❑ Be patient with yourself. This is really hard work!
- ❑ Use an app like the Pomodoro Method to schedule frequent breaks.
- ❑ If you're overwhelmed with grief, sit with it. Ride the wave.
- ❑ Talk to your possessions as you sort them to gain perspective.
- ❑ Challenge the thoughts, challenge the guilt
- ❑ Create a little ritual to say goodbye.
- ❑ If a task is too much, find someone who can complete it for you.

Navigating Widowhood

Organizing Life After Loss

Want to learn more?

Drop me a line

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