



# You're Not Lazy. You're Overstimulated.

*The 10-Step Whole-Life  
Decluttering Protocol*

Clear your space, screens, and mental load.

# The 10-Step Decluttering Protocol

*Check off each step as you complete it.*

## 1. Clear Visual Surfaces First 15–30 min

- Clear kitchen counters
- Clear nightstands
- Clear desk surface
- Remove visible “temporary piles”

*Visual clutter increases cortisol and cognitive fatigue. Your brain processes everything it sees — even if you think you’re ignoring it.*

### Mental reset:

- ✓ Immediate drop in stress
- ✓ Increased sense of control
- ✓ Faster focus and better sleep

## 2. Clothing Reset 30–60 min

- Remove clothes that don’t fit or represent a past self
- Keep only what fits your current life and body
- Create a simplified “grab and go” wardrobe

*Decision fatigue starts the moment you open your closet. Clothing also holds identity weight.*

### Mental reset:

- ✓ Easier mornings
- ✓ Reduced self-criticism
- ✓ Stronger present-moment identity

## 3. Paper & Document Detox 30–60 min

- Shred outdated paperwork
- Digitise what you actually need
- Create one clearly labelled file system

*Paper piles are unfinished decisions. They silently drain attention.*

### Mental reset:

- ✓ Less background anxiety
- ✓ Increased sense of order
- ✓ Reduced “I’m behind” feeling

## 4. Electronics & Device Declutter 20–40 min

- Gather unused chargers, cables, broken devices
- Recycle or donate old electronics
- Consolidate duplicates

*Electronic clutter represents unresolved tech friction. It creates low-level mental noise.*

### Mental reset:

- ✓ Fewer micro-frustrations
- ✓ Cleaner workspace
- ✓ Symbolic “upgrade” energy

## 5. Phone Reset 15–20 min

- Delete unused apps
- Turn off non-essential notifications
- Move social media off your home screen
- Clean your photo library (start with screenshots)

*Your phone is your most frequently viewed environment. Constant notifications keep your nervous system in mild fight-or-flight.*

### Mental reset:

- ✓ Lower anxiety spikes
- ✓ Better focus
- ✓ Less compulsive checking
- ✓ Stronger boundaries

## 6. Email & Digital Inbox Cleanse 30–45 min

- Unsubscribe from marketing emails
- Archive everything older than 30–60 days
- Create 3–5 simple folders max
- Aim for inbox zero once — then maintain

*An overloaded inbox equals open mental loops. Each unread email feels like an unfinished task.*

### Mental reset:

- ✓ Reduced cognitive load
- ✓ Increased clarity
- ✓ Feeling “caught up” in life

## 7. Subscription Audit 15–20 min

- Review all subscriptions (apps, streaming, memberships)
- Cancel anything unused or low-value
- Remove saved cards from impulse-buy sites

*Subscriptions represent automatic energy leaks — financially and mentally. They create subconscious guilt if unused.*

### Mental reset:

- ✓ Financial empowerment
- ✓ Reduced background stress
- ✓ Cleaner digital ecosystem

## 8. Calendar & Commitment Declutter 20–30 min

- Cancel or renegotiate draining commitments
- Block white space into your calendar
- Establish one no-meeting day

*Overcommitment is time clutter. Your nervous system never resets if every day is scheduled.*

### Mental reset:

- ✓ Increased autonomy
- ✓ Less resentment
- ✓ Better emotional regulation

## 9. Relationship & Social Boundary Reset Ongoing

- Mute accounts that trigger comparison or stress
- Leave group chats that drain you
- Clarify one boundary you've been avoiding

*Social clutter is emotional clutter. Your brain treats social tension as a threat.*

### **Mental reset:**

- ✓ Lower social anxiety
- ✓ More authentic connection
- ✓ Increased emotional safety

## 10. Thought & Goal Declutter 15–20 min

- Write down all current goals
- Circle only 1–3 for this season
- Create a “Not Now” list

*Too many goals creates chronic inadequacy. Ambition without pruning creates mental chaos.*

### **Mental reset:**

- ✓ Focus
- ✓ Reduced overwhelm
- ✓ Renewed motivation

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## How This Resets Your Mental Wellness

### **When clutter accumulates:**

- Your brain tracks unfinished decisions
- Your nervous system stays mildly activated
- You experience decision fatigue
- You feel “behind” even when you're not

### **When you declutter:**

- ✓ You close open cognitive loops
- ✓ You reduce sensory input
- ✓ You increase perceived control
- ✓ You create white space for creativity

**Decluttering is not about minimalism.**

**It's about reducing friction between you and your life.**



**You don't need to fix this today.**

*You just need to notice and re-orient.*

@togetherunprocessed

Everything we share comes from our own journeys and experiences.

We're not doctors, and nothing here is meant as medical advice.

Always make decisions about your health with a trusted professional.