The Benefits of a More Organized Life

Life is full of ups and downs and twists and turns. However, one thing that can make it surprisingly easier is organization.

Leading a more organized life comes with a lot of awesome benefits. Whether it’s organizing the home, your mind or simply the way you live – having a more organized routine can help you to live a more peaceful and healthier life.

Not convinced? Here, you’ll discover just some of the benefits a more organized life can deliver.

You’ll feel more energized

If you tend to spend the majority of your time feeling tired, drained and overwhelmed, it could be down to poor organization. You may have heard of the saying “a messy home equals a messy mind” and according to numerous studies there’s actually some truth behind this.

When you start to de-clutter and become more organized, it can provide an awesome energy boost. Experiment now. Tidy up your work desk or your counter tops and see just how much of a difference it makes to your energy levels!

You’ll be much more productive

Another benefit of becoming more organized is that you’ll become a lot more productive. Clutter, whether it be physical or mental clutter, really zaps your motivation as well as your energy levels. So, when you become more organized, you automatically start to become more productive.

Your sleep will improve

By far one of the biggest benefits of life organization, is its ability to help you sleep. Millions of adults suffer with some kind of sleep troubles and it can drastically impact your life.

If your bedroom is cluttered for example, it has a direct effect on your stress levels, even if you don’t realize it. This increased stress can play havoc with your sleep routine. Removing the clutter on the other hand removes that additional stress, making it easier to both fall and stay asleep.

It can lead to healthier choices

Researchers have discovered a link between organization and lifestyle choices. Studies have shown that those who do lead a more organized life, tend to have a healthier diet and a better exercise regime. It’s thought that the reduced stress and increased energy that organization can give you, frees up the mind, helping you to make much better, clearer life choices.

Your risk of a heart attack will decrease

Perhaps one of the most surprising benefits life organization can have, is the reduced risk of a heart attack. So, how exactly can being more organized make you physically healthier? Well, it’s all down to increased activity.

In order to be organized in the home for example, you need to consistently carry out numerous tasks. This includes cleaning and putting things away. Obviously, the more time you spend being active, the better it is for your health. Organized people are much more likely to be on the go than they are to be sat binge watching television.

It reduces stress

Anything that reduces stress in your life is worth doing and being more organized can absolutely lower your stress levels! You won’t even realize it, but when there’s clutter and you can’t find anything, it can increase your stress levels dramatically.

Did you also know that when your life lacks organization, it can lead you to spend more too? This in turn can lead to financial worries, adding further to your stress. When you become more organized, even if it’s just clearing your work desk, you’ll quickly see how much stress is eliminated from your life.

As you can see, there’s some pretty compelling benefits which come from being more organized. However, knowing that life organization is beneficial and actually becoming more organized are two very different things.

If you want to become more organized, it can help to discover some of the top habits organized people have. What exactly do people do in order to become and stay organized? Don’t miss our next blog which reveals the top 5 habits all organized people have.