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MERMAID HOME ORGANIZATION

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Downsizing for Life Events

Any day now, my husband and I will be first time grandparents. We are overjoyed.

I attended an ORGANIZERS Live webinar with my colleagues earlier today and I was reminded that peaceful spaces make room for what is next in our lives.

Sometimes we do not know what is next, sometimes we see it coming (hello hurricane season, college freshman year, newlyweds, parents-to-be). Either way, I remember my Scout's honor as a young girl, Be Prepared.

An open heart and an open space. The intention of opening space for good things to happen. Fit another chair at the table. Clear space and re-purpose a room for a child's playroom, a tween room, a space for fitness, a reading nook.



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I already made plans to add child bookshelves for our granddaughter's visits. Take joy in creating a space for loved ones.

That doesn't mean to clear a space to fill it back up with different stuff, it means create a space that inspires learning, exploring, and creativity.

There are life events that we see coming but we are paralyzed to clear a space, a change in health, a change in job, a divorce, a passing. To be prepared means we have to admit it is going to happen. We need to grieve it first, hop off our life journey for a while to recuperate and rejuvenate before you make room for the new now, the near future, the next chapter. You must take time to heal and ground in self-care.

Then there are those events that completely wipe us off our path, an accident, a layoff, a death. An event that turns our life upside down and many months or years later we leave us exhausted on a heap of clutter. One day you decide to stand on top of that heap and determine to conquer, to find a way back to your path even though it may come with a lot of switchbacks.

These are the events where living as you did before may not nourish you now. You may need new systems, a new look, and way to preserve and honor memories without being lost in what Peter Walsh, organizer extraordinaire, calls Memory Clutter.

It's in these life events that calls on your village to help you, partner with you, love you. You may consider a professional organizer to be your confidante and problem solver. We are trained in helping our clients through joyous to difficult and complex life transitions by creating new systems and solutions that help you with those changes.

I look forward to working on our next NAPO certificate in Life Transitions to help those going through the ups and downs on their life journeys. Empathy and education are keys for professional organizers to provide the best care and the best solutions personalized to your needs.

Solutions that ease the stress, lighten the load, and create new daily habits, whether it's changing a diaper, taking on the family finances, or preserve your loved one's effects with honor and grace.



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Here are some sources that we recommend for life transitions and how organizing can help in the healing and doing:

1. ["Don't Toss My Memories in the Trash: A Step-by-Step Guide to Helping Seniors Downsize, Organize, and Move"](#) by Vickie Dellaquila (paperback)
2. ["After the Funeral"](#) by Eileen Moynahan (paperback)
3. ["Let it Go"](#) by Peter Walsh who works quite a bit with "memory clutter" (paperback)
4. A very clever solution by Karen and Fritz Mulhauser via this [Washington Post](#) article
5. Going to college, this [helpful article](#) by nitrocollege.com

In our experience, whenever we go through our own hurricane preparedness, there is a natural downsizing that occurs, things we do not want to have to move for the next hurricane. Here is the American Red Cross' hurricane preparedness [checklist PDF](#) that will help you organize and store what you need.