



Deciding to de-clutter can sometimes feel overwhelming depending on how much stuff (both physical and digital) has been accumulated. However, if we can look at the process objectively and with an open mind, it can be of great benefit.

If strong feelings arise while de-cluttering, it may be useful to speak with a counsellor to process these emotions.

Contact us today:
1800 273 865
areuok@smghealth.com.au
www.smghealth.com.au