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By Rebecca Mezzino

Welcome.....

It has been a busy last few months for Lifestyle Elements as we have worked on a number of large events, as well as the addition of some new corporate clients. We have enjoyed doing a wide variety of work, from dropping of children to school, walking dogs, and grocery shopping, to conference management, publishing research and relocations.

I am excited to introduce to new staff members to the team, Jessica Davis and Mathilda Martin. You will find more information about both Jessica and Mathilda below.

Also in our newsletter, we have well and truly been introduced to winter this week, here in Adelaide, so our Winter Checklist should provide you with some ideas on what items you could get crossed off your 'to do' list. And Rebecca Mezzino, a professional declutter, provides some tips and ideas on how to organise your wardrobe – it is achievable!

Please enjoy our June newsletter, and if there is anything we can do to make your life easier, just let us know!

Kind Regards,
Abbie Martin
Lifestyle Manager

Top Tip

It's just as important to keep hydrated in winter as it is in the warmer months. So instead of reaching for a piping hot chocolate or coffee, try a slice of lime or lemon in hot water. It's very refreshing and will warm you on the inside!



Introducing.....

The newest members of the Lifestyle Elements Team - Jessica and Mathilda. You may already know these two new faces, but if not – you soon will!

Jessica has been working with Lifestyle Element since November last year and many of you have come to know her well. She has worked in various different roles, but is especially interested in advertising and marketing. She is currently studying an event management course which will help her to be able to help you.

Mathilda is the newest addition to the team. Last year she completed Bachelor of Management(Marketing) at UniSA and is looking forward to utilising her qualifications after coming home from backpacking through Europe. Mathilda has worked in several small business including a newsagency and gourmet food cafe.



Welcome to Winter Checklist....

We've had a pretty exciting few months here at Lifestyle Elements! There are lots of interesting things we've had to do! Maybe these examples will remind you of what we can do for you!

- **Gutter cleaning** – this is a must as the rain starts to fall. Don't do this messy and dangerous job yourself, we can organise for our trusted suppliers to come to your home.
- **Skip for rubbish removal** – do you have rubbish or old garden waste cluttering up your yard? It's easy and inexpensive to have a skip delivered for a weekend so that you can fill it up, and tidy up your home.
- **Carpet Cleaning** – do your carpets or couches look a bit grotty from the kids and pets? We can organise for these to be professionally cleaned to keep them looking new!
- **Pets** – is your dog kept inside during this cold rainy weather while you go to work all day? We would love to come and take your pooch for a walk so they have a change of scenery!
- **Shopping** – does the idea of lugging heavy grocery bags to your home in the rain sound like fun? If not, we can organise your shopping for you and we even unpack it! All you will need to do is fill out an easy template form, and then come home to a house full of groceries.
- **Quilts** – we can organise for your quilts to be rejuvenated or dry cleaned so that they are nice and fresh for you when curled up in bed with a hot chocolate!
- **Finding books, CD's or DVD's** – is there a specific movie you've been meaning to watch, or book to read? We can find it and have it waiting at home for you.
- **Gym membership** – Winter is as good a time as any to join a gym. Summer is not too far away and we all want to be looking a feeling as healthy as we can! It's hard in the cooler months to find the motivation to get outside and be active, which is why we can research and give you options as to exercising indoors.
- **Winter Break** - Maybe you are thinking about heading off on a winter break, but are worried about who will manage your house and pets while you are away. Lifestyle Elements can help with this in any manner – from visiting your home twice a day, to once a week. This is a popular time of year for people to escape the cool weather – or embrace the snow in other parts of Australia! So why not let us help you - we can organise everything from holiday destinations, to watering plants and looking after your pets while you are away.





The Organised Wardrobe – It's Achievable!

By Rebecca Mezzino

Most of us have a problem with the storage of our clothes and accessories; it's a very common complaint. But the cause of it often isn't with the amount of storage space you have (as what most often gets the blame); but instead it's how much stuff you're trying to keep in it, the locations of the items, the type of storage used and your habits that have caused the issues.

Here are five techniques that if you implement, will lead to a much more organised wardrobe, and a lot fewer hassles getting dressed in the mornings!

1. Use what you have, and have only what you use

This is the single most important message I have for you – I can't emphasize it enough!

We have difficulties with storing our clothes and accessories because we quite simply try to store too many of them. On average, we use just 20% of our wardrobe 80% of the time. The other 80% is either never worn, or is worn infrequently. You should get rid of anything that you never wear – it's just stressing you out if you keep it, and it's hogging space for new clothes that you *will* wear!

Find out what suits you and what makes you feel good, and *don't keep anything else in your wardrobe*. Be ruthless – don't think that it might come back in fashion, or that you may fit into it again. Chances are that when it's back in fashion it won't fit; and alternatively, if it fits again at some stage in the future it will no longer be in fashion anyway!

2. Group like things together

Some of the groupings you might want to use are by function (work, casual, sport, underwear), by colour, by outfit, or by type (short-sleeve tops, pants, shorts). You may use more than one grouping – it all depends on how you think. I personally think in terms of work and casual, so I separate first by those, and then I sort further by type. It's a personal thing and might even take you a couple of tries to find your ideal sorting groups.

The reason for this is to simply to reduce your retrieval time. You don't have to thumb through a whole rack looking for your blue skirt – you'll know it's with the other skirts, or other blue clothes: whatever suits you.

3. Store according to frequency of use

Day-to-day items should be stored between waist- and head-height, and anything never worn (like memorabilia or novelty clothes) should be up as high as possible. Infrequent use should be high or low. Daily- or weekly-use shoes need to be at the front (or the most prominent position).

Rotate your seasons – you can vacuum-pack the bulky winter

items and have a spot for off-season. Then as you change seasons, begin to move the old season into the infrequent use area, and the new season into your day-to-day area. You can make an afternoon of it and do it all at once, or do it gradually – it's up to you.

4. Use appropriate storage for items

Please don't use wire hangers! They can damage your clothes and look terrible. Use strong plastic hangers or, even better, good quality wooden ones. I always carry on like a lunatic about wooden hangers (I'm sure most people on the other end of it wish I would just get a life!) because they make a difference in a number of great ways. Firstly, they are bulky so don't leave creases in the shoulders of tops or dresses. They also have a shape that forces there to be a certain minimum amount of space between your clothes so you aren't crushing them (and yes, that means you need less clothes!) and finally, they look good. Now that may seem unimportant; however, if you're the type of person who avoids hanging their clothes and instead 'hangs' them on the floor or the end of the bed, you'll find you are more likely to want to hang them in the wardrobe because it looks so good (honestly!).

You can get great storage for inside wardrobes – but make sure you think it through before you buy it. Know what's going in it and where it's going before you buy it. And don't forget to measure it all first!

5. Reassess frequently

Once you're all organised you need to get in the habit of maintaining it so you don't get in a muddle again. You can do this in a few ways:

- a. Employ the One-In-One-Out Rule: for every item of clothing you bring home, another has to go. You'll really shop carefully that way, and save *loads* of money, too!
- b. Do a quick scan every time you open your wardrobe. Is everything in place? A 10-second adjustment then could save hours later.
- c. Make the time to organise on a regular basis – if you pick one weekend a month to spend an hour sorting and culling, you'll never have a big project to tackle again!

Rebecca Mezzino specialises in **household and office decluttering and organising**. Her company **Clear Space Organising Services** provides **hands-on organising** for businesses and individuals, including **Household Management Coaching** and **customised Organising Workshops**. Please feel free to reproduce or forward this article to others in its entirety and including the author's details. Further information can be obtained from www.clearspace.net.au. For more information on **Rebecca Mezzino** and **Clear Space**, please visit the website.