

# Does It Spark Joy in You?

The internet is all abuzz with videos, memes and such about Tidying Up with Marie Kondo. If you haven't seen the TV show, it's about decluttering our homes and thus our lives. Marie Kondo says that if an object doesn't spark joy in us that we should thank it for its service and get rid of it.

I got a first-hand lesson in how much stuff we have when my family cleaned out our parents' home after they died. And when I talk to friends whose parents have also died, I find we all faced the same situation: hours and hours of removing things that none of us wanted. We felt rushed trying to tidy up in order to put the house on the market. Sometimes it felt easier just to pitch something in the trash rather than taking the time to organize items in order to donate or recycle as much as we could. That's why we should start tidying up now.



The first rule for having less stuff is to buy less stuff. Don't get rid of possessions now only to buy more later. Value what you have and own only what you value.

**Sell items** at consignment and resale shops or online

**Hold a garage sale.** You'll get extra publicity for your event if you participate in the City-wide garage sale coming up in May.

**Donate.** Make sure your items are new or gently used. Check first because different organizations take different types of items. For instance, [Bridging](#) needs furniture and housewares. [CEAP](#) wants food, clothing and hygiene supplies. You can use [www.HeroSearch.org](http://www.HeroSearch.org) to match your items with a charity that needs them. Also list items to give away on <https://twincitiesfreemarket.org>

**Recycle it.** Check the list of acceptable items on the City's website ([www.brooklynpark.org/recycling](http://www.brooklynpark.org/recycling)). Don't engage in Wish-cycling. That's where people put items in their cart they wish would be recycled without knowing whether or not the items could be recycled. If you have old financial or medical records, shred them for free at the Special Materials Drop-Off Day April 27. Pick up orange clothing recycling bags at City Hall or contact [www.simplerecycling.com](http://www.simplerecycling.com) to have some mailed to you.

**Need help?** Check with businesses such as Empty the Nest that you can hire to help you clean out.

**Disposal.** Make sure to take items such as batteries, paint, chemicals and scrap metal to the Hennepin County Drop-Off Facility, 8100 Jefferson Highway. Keep in mind they no longer accept furniture or household trash. For options use the [Green Disposal Guide](#) on the Hennepin County website or call 612-348-3777.

Until next time, tidy up and bring joy my friends.