

Minimalism to remove stress caused by too much stuff

Post by “Kalosyni” of May 23, 2025 at 9:05 AM

I often feel like I have collected too much stuff, and a lot of my time goes into organizing it. Plus when things get messy (meaning that I haven't put everything away properly) then I feel a slight sense of stress because it is yet another thing on my to do list.

I put this question into Google: "Why am I torn between wanting to become a minimalist and acquiring more stuff?" ...and got this result, which was very helpful. (Read these two snapshot images if you are interested).

