

# Minimalism to remove stress caused by too much stuff

**Post by “Joshua” of May 23, 2025 at 3:23 PM**

I've lived in 7 different places in the last 15 years, not counting the cab of a freightliner that I lived out of for two of them.

Looking back, there are things I wish I hadn't given away, things I wish I hadn't acquired, and things I would like to have but couldn't make practical use of in my current place.

It's unlikely that I'll ever own a house, but my experience has given me a good idea of what I'll want in it if I ever do.

Everything in it will be useful, practical, and optimized for utility.

For example; I once had a paper shredder with an irritatingly small bin that was a hassle to empty. So I took a wire rack shelving unit and cut out several wires from the surface of one shelf. I set the head of the paper shredder into the hole that this created, used a bent paper clip attached to the shelf to trigger the safety sensor, and put a large trash can with a can liner under the shelf. The paper shredder dropped the shredding directly into the can, and when I wanted to empty it I could just slide the can out and change the bag.

On the shelf there were two trays for sorting the mail. Once a week or so I could shred everything. The old system was troublesome, irritating, and messy. The new system was neat, tidy, efficient, and effortless.

Then I put a box of wine on the next shelf up with the spout hanging over the end, and a drip pan filled with corks hanging off the lower shelf to catch spills.

I put kitchen knives on a magnetic strip above the sink, with all my frying pans and small sauce pans hanging from hooks on the opposite wall. I don't want to pull everything out from the cabinet to get to the one sauce pan at the back.

So this is my advice; use a systems-based approach and optimize for an experience free of headache and hassle. I'm sure if I lived in that apartment any longer I would have had a mini-fridge next to my living room hammock. I still miss that hammock!