

# Happiness and Organization

why organizing will make you happier

by Rami Singh M.D.

Organization is one of the keys to being happy. It leads us to living a less stressed and less chaotic life, and happiness prevails. Simple? Not quite. Yes, if you are organized in life, things are accomplished much more easily, you are more prepared, less frazzled, and therefore, more happy. But to get to the appropriate organizational level, you must put forth a lot of hard work.

Our brains are in multitasking mode at all times, and stress plays a role in our ability to function efficiently. Our emotional roller coaster that we feel on a daily basis impedes our abilities as well. All these factors lead to a faulty memory, and then the domino effect begins: being unable to multitask, over-saturation of our brains, chaos, and ultimately, disorganization.

To start on this road of the pursuit of happiness through organization, you must get started immediately. There is no time like today. The longer the delay, the more chaos you will tend to experience. Set aside a time such as the weekend, during which you can work on getting organized. This will push you to dedicate time toward this important task and may allow you to create some free time to relax and give your body and brain a much-needed break.

Use the tools you have to implement organization. If you have a smart phone, a tablet, or a notebook, use it. But remember to keep it simple. Simple

ideas and plans are the ones that will most likely carry through. Two basic methods people use to get organized are lists and calendars. Consistency in schedules and methods often accomplish the goals. Get a self-help book or surf the Internet on different ways people have gotten organized. You can even combine multiple ideas this way in order to implement your plan.

Do not overdo it and set yourself up for failure. You have 24 hours in a day. You need sleep and time to relax. Create buffers so that you have time to accomplish everything. Don't get down on yourself if you can't get to everything. If this happens often, that means you need to re-evaluate what actually needs to be done or take a step back from your multiple commitments.

Organization doesn't come over the weekend (even if you take a weekend off to get organized). You won't necessarily succeed the first time, either. It takes time and repetitive efforts to make your life easier, simpler, and happier. Chaos doesn't necessarily disappear, but if you are organized, it definitely leads to being prepared and being able to better handle the chaos. The smaller tasks don't seem as daunting, and the stress naturally declines. Your mind and body will follow suit, and your pursuit of happiness may not be much of a pursuit at the end of an organized day.

"Organization is like exercise.  
It's not very effective if you do it only  
once; you have to keep at it."

L.A. Organizing Pro Jill Pollack (jillpollack.net)

OC

red river

website: 100.000+ pe

california (the arts)

their mission: 17 M

local mission: creating

programs on these