

JULY

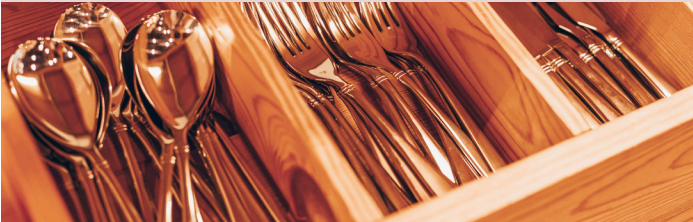
STRESS MANAGEMENT



EPIC WAY TO WELLNESS

ORGANIZATION FOR STRESS MANAGEMENT

DRAWER ORGANIZERS



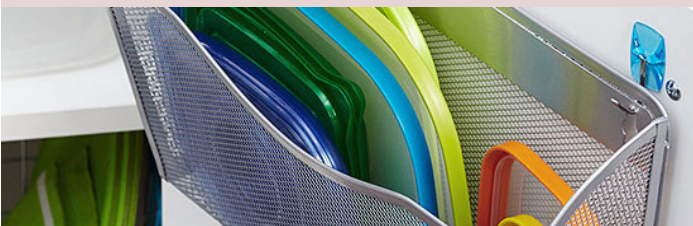
Invest in a drawer divider to organize office supplies, kitchen supplies, and clothes. This will allow you to see all that you have in your drawer, minimizing the stress of rummaging through it to find the item you are looking for.

“ONE IN ONE OUT”



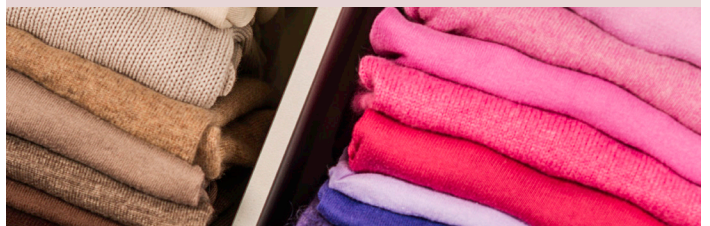
Practice the “one in one out” rule when buying new items such as clothes, toys, and materials. When you purchase one thing, donate something you already have.

REPURPOSE CONTAINERS



Utilize a magazine holder or other containers to organize reusable water bottles, folders, notebooks, and plastic container lids.

COLOR COORDINATE



Color coordinate different areas such as closets and shelves to save time while looking for items and save time while replacing items after use.