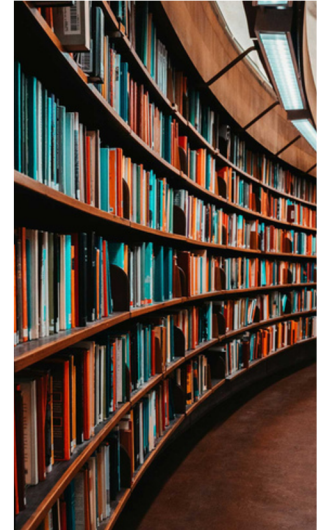
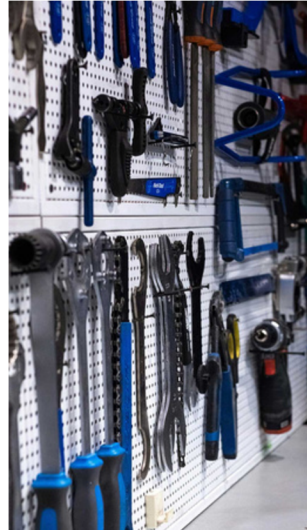


YOUR BRAIN LOVES ORDER

FRANKIE TAYLOR



Have you ever felt a wave of calm wash over you after clearing a cluttered space? That's not just coincidence. It's biology.

The human brain is hardwired to recognise patterns. Our survival once depended on it. Spotting patterns helped us find food, avoid danger, and make sense of a chaotic world. Even today, our brain constantly seeks structure in our surroundings. When things are out of place or disorganised, our brain doesn't just notice. It reacts.

Chaos and the mind: what happens in a disorganised space

A cluttered or chaotic environment can increase feelings of stress, anxiety, and overwhelm. That's because when your brain is constantly confronted with visual noise such as the stack of dishes, the laundry pile or the unsorted mail, it treats those as unfinished tasks, adding pressure to your already busy day. In contrast, a tidy, organised space gives the brain a sense of closure and calm. It reduces cognitive load, making it easier to concentrate, relax, and feel in control.

Habit stacking for a tidy home: simple tricks for daily life

The good news is you don't need a full weekend or an expensive storage system to start. You can build order into your home by attaching small organising habits to routines you're already doing. This is known as habit stacking, a concept popularised by author James Clear in ***Atomic Habits***.

Even today, our brain constantly seeks structure in our surroundings.

Here are three habits you can start stacking today.

1. Hang clothes as soon as you take them off (or toss them straight into the hamper). As you change into your pyjamas or lounge clothes, decide in that moment if something is clean enough to re-wear. If it is, hang it up right away. If not, drop it directly into the laundry basket. Result: no clothes on the floor or on furniture.
2. Unload the dishwasher while waiting for your toast. Breakfast time often includes short moments of waiting. Use that time to unload clean dishes, so you're ready to load it again after meals. Result: dirty dishes don't pile up in the sink and the kitchen stays functional throughout the day.
3. Do a 60-second reset after brushing your teeth. Brushing your teeth morning and night is a built-in routine. Use that cue to trigger a 60-second tidy blitz. Put away stray items, stack the dishwasher, or reset the dining table. Result: it turns tidying into a short, daily rhythm instead of a big chore to dread.