



Resolutions 2020: Declutter To De-Stress Says Survey On Organizing And Productivity

Disorganization Uniquely Impacts Genders And Generations

January 2, 2020 – Want to have a calmer, more relaxed and productive 2020? Start by getting more organized at home and work, suggests the survey of 1,200 Americans conducted by the [National Association of Productivity & Organizing Professionals](http://www.napo.net) (NAPO), www.napo.net. While it's not surprising that 31% of respondents put "getting organized" on their New Year's resolutions list, the survey found interesting differences among genders and generations on how they perceive organization and productivity at home and on the job:

GENDERS DIFFER ON ORGANIZING

- 36.5% of women say that looking at how organized or disorganized their home is, they feel stressed or completely stressed compared to only 22% of men.
- 53.7 % of women report they are unable to concentrate on the work at hand, vs. only 45 % of men.
- More women than men have wanted help in organizing their homes – 35% vs. 22%.
- Women overwhelmingly believe they are more organized at home (90.6%) and in the workplace (83%) than men.

GENERATIONS DIFFER ON PRODUCTIVITY

- 22% of younger workers aged 18-34 believe that their supervisors feel their organizing and productivity skills need improvement compared to only 13% of older workers.
- 36% of younger workers worry about being judged for how organized they appear to others vs. only 26% of older workers.
- 38.2% of younger workers believe it would advance their career if they were more skilled at prioritizing their workload, compared to older counterparts at 20.8%.

PRODUCTIVITY & ORGANIZING PROS HELP PEOPLE STAY HEALTHY!

Respondents who were organized and productive said they felt more calm/relaxed (55%), in control (46%), fulfilled, at ease (42%) and successful or powerful (28%). Those feelings extended to family members. Respondents said when they felt organized, their families also felt less stressed, less irritable and calmer (49%), felt good about themselves (35%), were self-motivated to clean up (29%) and were more creative and productive (24%).

"People have different levels of tolerance for disorganization. We've heard over and over that regaining control of our space makes us feel better," NAPO Executive Director Jennifer Pastore Monroy observed.

“Just as we invest in ourselves with personal trainers, financial advisors and other professionals, a few sessions with a professional organizer or productivity expert can help us look at things with fresh eyes, and use organizing tools to encourage new day-to-day behaviors that have the added benefit of making us feel better.”

To get started on a daily dose of organizing, and learn more during GO (Get Organized & Be Productive) Month, so you can be calm and carry on, look for an organizing or productivity pro at <https://pro.napo.net/>

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