

Clutter and organisation: places to explore

A few places to read, listen and reflect, whenever you feel ready.

Understanding ADHD and clutter

The ADHD Centre

adhdcentre.co.uk/spring-cleaning-with-adhd-why-clutter-builds-up

A clear look at why clutter builds up with ADHD, including executive function and time blindness.

Think ADHD

thinkadhd.co.uk/adhd-and/adhd-and-messiness

On the link between ADHD, messiness and the feelings that can come with it.

My Patient Advice

mypatientadvice.co.uk

A UK piece on clutter and shame, and why kindness towards ourselves can make starting easier. Search "clutter shame" on the site.

The autistic angle

Divergent Autism Services

divergentautismservices.com/post/autism-adhd-minimalism-and-stuff

Helps untangle the difference between clutter, collections and hoarding.

Earth Coaching

earthcoaching.net/blog/clutter

On clutter and sensory overwhelm, from a coach who specialises in neurodivergence.

When ADHD and autism meet

Carmen, Authentically ADHD

carmenauthenticallyadhd.substack.com

On why planning, prioritising and organising can feel doubly hard with AuDHD, and what can help.

To listen to

The Declutter Hub podcast

declutterhub.com/adhd-clutter

A conversation with professional organiser Sarah Bickers, who works with ADHD clients.

A book

How to Keep House While Drowning

by KC Davis

A kind, practical book that treats household tasks as care rather than a test of worth.