

# SPRING CLEANING YOUR CLOSET...WITHOUT SPIRALING

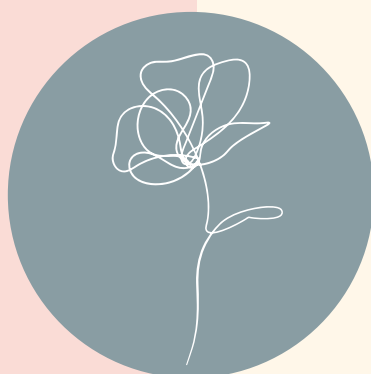


## ABOUT YOUR BODY

Closet clean-outs can feel surprisingly emotional, especially this time of year. Here are a few ways to move through it without turning against your body.

### Your Body Isn't the Problem

Closet clean-outs can bring up a lot, especially in a world that profits off body shame. If something doesn't fit, it's the clothing, not your body. You deserve clothes that meet you as you are right now.



### Start Small, Stay Gentle

Overwhelm fuels spirals. Try one drawer, one section, or even just a few pieces at a time. You don't have to do it all in one day for it to "count."

### Release "Past You"

Letting go of clothes can mean letting go of a version of yourself. If you haven't worn it in a year (or "future you" wouldn't choose it) it might be time to release it with care.



### Choose Function Over Perfect

Pinterest closets aren't real life. Simple systems like a donation bag, seasonal rotation, or outfit planning can make your space feel supportive without needing to be aesthetic.

### Dress for How You Feel

Try "dopamine dressing": choosing clothes that feel good emotionally, not just visually. If it's not an 8, 9, or 10 when you try it on, you don't have to keep it.



### Let Joy Lead

Colors, textures, and styles can be a form of self-expression. Instead of chasing trends or rules, ask: Do I feel more like myself in this? You're allowed to feel good in your clothes now.

Want more support like this? You don't have to navigate this alone.

Follow along on IG: @innerbloomcounselingllc (come say hi! I'd love to know you found me here)