

## FOR IMMEDIATE RELEASE

January 14, 2026

### Contact Information

Robert Dye, Public Relations/Communications Manager

Email: [rdye@goodwillncw.org](mailto:rdye@goodwillncw.org)

Mobile: 920-968-6232

### **Getting organized in the new year can improve productivity and your life. Goodwill NCW can help.**

The arrival of a new year, for many, means new goals. Millions make New Year's Resolutions, as the turning of the calendar can signify a fresh start. One way to start with a clean slate is to get organized. It just so happens that January has been declared "National Get Organized Month", and Goodwill North Central Wisconsin (NCW) is ready to join in and help individuals embrace it. Did you know there are plenty of benefits to decluttering your life? Here are a few:

**Reducing stress:** According to [Anthem](#), "Living in clutter can cause stress, feeling overwhelmed, depression, anxiety, problems with personal relationships, and more. When you declutter, you are alleviating the disorganization in your environment and also in your mind."

**Increasing productivity:** Visual clutter decreases your focus and hampers your ability to concentrate on your work which can prevent productivity. When your environment is disorganized, you tend to feel lazy and unmotivated. Cleaning up clutter is a great way to regain concentration.

**Saving time:** Think of how much time you've spent looking for a specific item. Being organized can eliminate frantic searches, saving minutes, and maybe even hours. Also, decluttering means there's less to clean. Less dusting and organizing equals more time.

**Community impact:** Once you declutter, what do you do with those items you don't need anymore? Donate to Goodwill NCW. Donating gently used items creates more room in your home and helps those in our community start fresh by supporting programs that teach job skills that can put them on a path to sustained employment and improved financial stability.

"When you declutter and donate to Goodwill NCW, you're not only clearing space for yourself, but you're also making a huge local impact," said Chris Talton, vice president of donated goods retail operations. "For example, the average donation of gently used items provides about 3 hours of job training. That can be life-changing".

To start decluttering, find a Goodwill NCW store [HERE](#)

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### **About Goodwill North Central Wisconsin (Goodwill NCW)**

*Goodwill NCW is a nonprofit organization with a mission of Elevating People by Eliminating Barriers to Employment. We provide pathways to those underserved, underrepresented or disadvantaged who have a goal of building job skills that lead to sustained employment and improved financial stability. We see people for who they are and believe in the power of work, within our retail stores and workplaces throughout our community. We are proud of the life-changing impact we make in our communities and to our planet with the help of our donors and shoppers. Learn more at [goodwillncw.org](http://goodwillncw.org)*