

10 WAYS TO HELP A NEIGHBOR WITH EMOTIONAL CLUTTER

Every second, a donation was made to help a neighbor on GoFundMe in 2021.

At Sponsor a Space, we know you want to be a generous community member who makes an impact on the emotional well-being of your struggling neighbors. In order to do that, you need to give them practical relief from emotional clutter.

The problem is — not only is it hard to know which neighbors are drowning in their tough seasons, you may also feel ill-equipped to help them.

We believe that no one should struggle through emotional clutter alone.

We understand that it can feel stressful to want to help, yet feel unable to make a real difference. Emotional pain is so personal and private.

Yet while we can't fix everything, we know that Sponsor a Space provides practical relief through compassionate organizing sessions in Colorado Springs, CO.

If you're fortunate to see an opportunity to help someone break through that emotional barrier to reclaim some peace in their lives to move forward and you want to help, this is the Guide for you.

We will outline some key phrases to help you be compassionate and supportive along with a checklist of ways to tackle some of their most stressful environments.

5 WAYS TO PROVIDE EMOTIONAL SUPPORT

When you see someone going through a tough season, it can be hard to know how best to offer them emotional support. That's why we put together this guide to help you support them with patience and care.

You don't need any formal training, just follow these simple steps:

1. Active Listening

- A conscious effort to understand what someone is communicating so they feel seen and heard
- "What I'm hearing is..."
- "Sounds like you are saying..."
- [Here's a great article for tips on good listening](#)

2. Respect their privacy

- Take their lead in what they would like to share
- Don't ask probing questions

3. Empathize

- "That sounds so hard!"
- "Thank you for sharing, that sounds like a lot."
- Offer a hug if it feels appropriate. Especially when words feel inadequate, physical connection can feel comforting.

4. No judgment

- "You're going through so much - it makes sense that you haven't had time to keep up on your space."
- "I understand if you need more time to..."
- "Just know that I'm rooting for you."

5. Share specific compliments

- "I really admire how you're handling..."
- "Even with everything, going on you're managing to care for ..."

5 WAYS TO HELP A NEIGHBOR'S SPACE

Helping someone with their space is a tangible way to lighten their load. Keep in mind that spaces are personal and not everyone might be open to help with their space.

PRO TIP: Offer 3 specific ways you could help. People under stress often have a hard time answering an open-ended question like “How can I help you?”

Ways you can help out a neighbor in need:

1. Yard work

- Lawn care
- Pull weeds
- Brush/leaf cleanup

2. Sort and declutter kids clothes or kids toys

- Sort items
- Declutter items that are worn out or not currently used
- Store (or offer to donate) unneeded items

3. Small handyman projects

- Fix lights
- Patch drywall
- Unclog a drain

4. House work

- Wash dishes or laundry
- Vacuum/sweep floors
- Take out the trash

5. Pantry Decluttering

- Check for expired food
- Ask for permission to dispose of items
- Offer a gift card for groceries

How to send this in a text:

Hey ____, I know you're going through a tough season right now. I know it's personal and I respect your privacy.

I'd like to make your daily life a bit easier. Could I help you with one of these things:

1. Declutter the kids' room or pantry

2. Refresh your front garden: pull weeds and plant flowers

3. Clean up the kitchen, wash dishes

Which feels most helpful right now? I would really like to help however I can.

Please know I'm rooting for you during this difficult time.

YOU CAN DIRECTLY IMPACT THE NEEDS IN YOUR COMMUNITY

We believe in making a difference in our community, just like you. We rely on Sponsors who believe in our mission to help neighbors break free from the emotional clutter that holds them back. You can make a difference that lasts. We need your help.

Here's how we do it:

1. Become a Sponsor.

Click below to join us improving spaces and impacting people's lives.

2. Fund a Space.

Spaces that currently need funding are listed on our website.

3. See your Impact!

Read our newsletter and celebrate the impact you made possible.

Become a Sponsor today!

[BECOME A SPONSOR](http://www.joyfulspaces.co/sponsoraspace)
www.joyfulspaces.co/sponsoraspace

Stop feeling helpless, and instead feel empowered knowing
that you rose up to meet those deeper needs today. ♥

*"I really appreciate Sponsor A Space so much for coming and not judging me.
This has been an incredibly hard season, and I feel like such a failure.
**THANK YOU FOR TRULY HELPING US GET BACK SOME
SPACE FOR MY MENTAL HEALTH AND SANITY."***

- Client Testimony