

Candidate Interest #3

The Examination of Minimalism through a Cognitive Lens

Minimalism is the practice of owning and using items that serve a definitive purpose. It serves to aid in the removal of unnecessary clutter in one's living space, assist in organization, aid in leading a more environmentally conscious lifestyle, and allow for the conservation of time and money. As such, with a smaller living space and with the ownership of less items, individuals can choose to spend more time with friends and family, spend more money traveling and on other more meaningful experiences, and enjoy the beauty of nature for a greater number of hours in a given day.

Those interested in leading a minimalist lifestyle can even reuse different portions of their living space to further cut down on clutter and unnecessary space. For instance, a living room and a bedroom could both inhabit the same space at different times, depending on the time of day.

Further, minimalism has been shown to give rise to a number of cognitive benefits, such as the reduction of stress and cognitive load, the enhancement of gratitude, and the improvement of mindfulness.

This project will endeavor to explore how a decluttered, smaller living space can improve quality of life, fulfillment, mindfulness, and interrelationships.