

# Cluttered network cabinets affect office work



## Overview

Clutter can force employees to work in awkward positions, leading to strain and discomfort. Everyone's relationship with clutter looks different, and so does their ability to thrive among the chaos of a messy desk. Anyone who spends their time in a messy office has likely heard it before: "I don't know how you can work like this. Piles of junk. In an era where workplace design is evolving rapidly—from hybrid work models to wellbeing-focused interiors—there's one factor that still quietly erodes the employee experience: clutter. Often overlooked, clutter isn't simply a matter of mess; it is a psychological stressor, a productivity killer. Clutter activates fight-or-flight mode: Disordered environments trigger survival responses in your brain, causing your prefrontal cortex to work harder filtering visual noise instead of focusing on tasks. This mental chaos costs American businesses \$177 billion annually in lost productivity, with the average. Letting clutter build up can lead to a variety of dangerous fire safety mistakes in a workplace. For example, disorganized and tangled cables in the office can easily short-circuit and spark a fire.

## Article Content

### Declutter Your Workspace: The Psychology of Organisation

Learn the psychology of why organisation boosts mental health, creates clarity, reduces stress, and creates momentum for better performance.

### How to Address a Disorganized Workspace in 6 Steps

Learn about a disorganized workplace, what it can look like, how it can affect productivity and discover six helpful steps for reducing workplace clutter.

### Six Ways Clutter Impacts Office Productivity -

Discover six ways clutter affects office productivity and learn how a tidy workspace can enhance focus, creativity, and overall work efficiency.

### Have a Messy Office? Here Are The 7 Steps To Your

Choosing the right accessories can help streamline your work processes and reduce the likelihood of misplacing important items. Here are

### Is Your Workspace Killing Your Productivity? 7 Ways to

Ever feel like your workspace is working against you? Whether you're in the office, working from home, or traveling between locations, your

### Does Your Cluttered Desk Influence Your Productivity?

Having a hard time getting things done? It might be time to do a bit of decluttering from your desk. Discover how a cluttered desk influences productivity.

### The Impact of Office Clutter on Employee Productivity

Summing up, the relationship between office clutter and productivity is clear – a cluttered workspace can impede employee performance, while a tidy and

### Does Work Stress Lead to Office Clutter, and How? Mediating

Despite popular articles and books, researchers have failed to examine how office clutter emerges and potential mediators underlying clutter in personal workspaces. We hypothesized that

### The high cost of office clutter—and what to do about it

Stress leads to an office that is cluttered, which leads to more stress because of not being able to find things or keep track of work progress, which

### Why a Messy Workspace Undermines Your Persistence

The disorganized accumulation of papers and coffee cups scattered across your desk may help you project the impression that you're working at full

## Tidy Cables, Happy Network: Why Organized Wiring

Let's be honest—network cabinets can get messy fast. It's the nature of the beast when you're working with so many different appliances in one tight

## Six Ways Clutter Impacts Office Productivity -

Clutter in your office or workspace can negatively impact your productivity. All of the time you spend rummaging through desk drawers and piles

## Beyond the Mess: Why Cluttered Workspaces Undermine Wellbeing

Clutter in the workplace has real cognitive and emotional consequences. Neuroscience research shows that environments with excessive visual stimuli, like piles of documents, tangled

## How to Manage Cable Clutter in Your Home Office: Expert Tips

A cluttered cable situation is more than just an eyesore. Loose wires can damage your equipment, create safety risks, and make focusing on work feel impossible. Your home office should

## A Cluttered Office Could Hurt Worker Productivity: Tips

Is your workspace neat and tidy or organized chaos? Studies show a cluttered office space may be bad for your employees. Here's how to go about

## How a Cluttered Desk Affects Your Work (and What to

A cluttered desk might seem harmless, a sign of a “busy mind,” but the truth is, it can significantly impact your productivity, focus, and even your stress

## Does a Cluttered Work Environment Impact Your

In a study published in Psychological Science, researchers had participants complete different tasks in both cluttered and uncluttered offices. The

## (PDF) The Impact of Office Clutter on Remote Working:

PDF | Many employees work remotely from home. However, work at home may be complicated by one's procrastination tendencies and office clutter

## The Negative Side of Office Clutter

Key points Office clutter affects both production and work satisfaction, and increases emotional exhaustion. Personality factors influence our relationship to office clutter. Clutter, both in

## The Real Dangers of Clutter in the Workplace

Clutter can force employees to work in awkward positions, leading to strain and discomfort. A well-organized office promotes better posture and

## The Hidden Costs of a Disorganised Workspace

When staff are constantly working around piles of paperwork or cluttered desks, it's harder to focus. A disorganised environment often leads to

## IT Support: How Desk Organization Promotes Network Security

Many people might not know that desk organization promotes network security and, by doing so, eliminates your business from needing external IT help if a problem arises. A messy desk

## Why Does Your Messy Desk Kill Productivity?

Learn how your cluttered desk drains productivity by overwhelming your brain, costing businesses billions in lost work hours.

## The Negative Side of Office Clutter: Impact on Work

The impact of clutter on employee well-being may affect profit, staff motivation, the buildup of slack/extraneous resources, interpersonal conflict,

## How a Cluttered Workspace Hurts Your Productivity

Are you worried about your workplace productivity? Confie walks you through how having a cluttered desk is actually harming your productivity.

## How Clutter Impacts Your Work Productivity

Clutter prevents productivity and growth, which often makes one feel stagnant in the workplace. When you start to notice that your mess is decreasing

## How a Cluttered Room Lowers Your Work Efficiency and Simple

A cluttered room doesn't only look untidy—it affects your brain and behavior. When surrounded by chaos, your cognitive resources are taxed since your brain is constantly processing visual stimuli that

## Clutter's real effect on mental health, productivity in the

Office clutter, such as extra papers, supplies or trash, can be a frustrating nuisance. Joseph Ferrari, a social-community psychologist at DePaul

## Declutter Your Workspace: The Psychology of Organisation

When your desk looks like chaos, your mind follows suit. Cluttered environments often increase cortisol levels, the stress hormone. Prolonged exposure to messy spaces leads to mental

## Contact Us

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