Is less really more?

The term minimalism has assumed a multi-faceted definition and been used to describe everything from an aesthetic, to religious simplicity, to a personal cleanse from overindulgence. Operationally defined, minimalism is a societal movement in response to the excessive consumerist mindset adopted by many Americans. Anti-consumerism does not circumscribe the “American Dream” as a commodity; however, it redefines a meaningful life as one full of experience and human connection. Additionally, research confirms a positive correlation between this minimalist lifestyle and personal health. Stressful living environments are conducive to poor mental and physical health. Therefore, a simplistic lifestyle, minimalism, offers a more internally-peaceful life free from external chaos.

abstract-

The term minimalism has assumed a multi-faceted definition and been used to describe everything from an aesthetic, to religious simplicity, to a personal cleanse from overindulgence. Operationally defined, minimalism is a societal movement in response to the excessive consumerist mindset adopted by many Americans. Anti-consumerism does not circumscribe the “American Dream” as a commodity; however, it redefines a meaningful life as one full of experience and human connection. Additionally, research confirms a positive correlation between this minimalist lifestyle and personal health. Stressful living environments are conducive to poor mental and physical health. Therefore, a simplistic lifestyle, minimalism, offers a more internally-peaceful life free from external chaos.

references-


research-

• Tiny house living is an anti-consumeristic reaction towards housing. Research has found that clutter is connected to emotions. Owning less results in more personal peace.
• The tiny house movement is directly influenced by minimalism. Smaller spaces help to confine consumption.
• Less commitment, more flexibility, less materials, and more energy efficiency are all potential benefits of this movement.
• For some, owning a tiny house is the acquisition of the American Dream.
• Experiences add substantially to happiness because memories become part of personal identity.

implications-

• Clutter can affect people mentally and physically. Stressful home environments can lead to physical ailment. Tiny house living is a practical application of a minimalistic mindset—minimizing consumption in order to fund the things that truly matter and are soul fulfilling.
• Anthropologists, social scientists, and archaeologists found that having a surplus of things can cause health issues.
• Living minimally results in compensatory strategies and creative allocation of resources.