Cleaning — Cleaning has been found to have positive effects on mental health by helping to gain a sense of control over the environment. Being absorbed in the activity itself can also help calm the mind and improve mood.

Cleaning your home, a checklist

**Tips**
- Start at the top and work your way down
- Play music
- Enlist help (kids, friends, etc)
- Clean one room at a time

**Family Room**
- Clean under the couch and other furniture
- Condition leather furniture
- Steam clean upholstery
- Vacuum in between cushions
- Clean remote controls and electronics

**Bathrooms**
- Soak shower head in vinegar
- Shower walls
- Tile grout
- Clean caulk around tub/shower
- Bathtub (inside and out)
- Toilet inside, out, and behind

**Bedrooms**
- Clean under bed, flip mattress
- Organize closet
- Wash pillows and other bedding
- Clean under and behind other furniture

**All of the House**
- Vacuum out air vents
- Wash walls and ceilings
- Baseboards
- Windows, window sills, and window tracks
- Curtains, draperies, and blinds
- Ceiling fans and light fixtures
- Clean phones, light switches, doorknobs

**Kitchen**
- Under fridge and oven
- Clean fridge coils on the back
- Clean inside and tops of cabinets
- Wash small appliances
- Clean inside fridge, oven, and microwave
- Clean inside of the dishwasher

**Office**
- Clean keyboard, screen, and mouse
- Organize desk top and drawers
- Organize filing cabinet

**Laundry/Utility**
- Clean washing machine inside and out
- Vacuum out dryer hose and back of dryer
- Clean residue off lint trap
- Change or clean filters

Visit our website for more tips on stress relief: www.Health.Solutions

Flyer prepared by Courtney Woodka, Health Solutions Marketing Coordinator 7/10/2020