



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
- * Bath fan (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



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