

5 TIPS ON HOW TO IMPROVE YOUR MOOD ALONGSIDE REGULAR HOUSE CLEANING

Studies have shown that clutter can make it more challenging to focus on tasks, also another study has shown that people with clean homes tend to be a lot more healthy and active. Instead of letting your mess continue to hold you back, here are some tips to get you started with some great ideas/habits to keep alongside some good house cleaning.



01 MAKE YOUR BED

This simple task can help you start your day on the right foot. There are studies that seem to be beneficial for many people who choose to adopt this morning ritual, particularly in the realms of mental health, productivity, and sleep habits.

02 LIGHT INCENSE OR A CANDLE

Incense is and has been for thousands of years in daily use in many religions of the world. Lighting up Incense from a scent you love can help brighten your mood and bring a smile to your day. There are studies that show that A well-selected fragrance can be used to enhance your own abilities, stimulate ideas and improve mental performance.

03 GET A FEW PLANTS

Indoor plants represent nature and natural energy. They bring a feeling of freshness and help the flow of oxygen into your home, filling it with vibrancy and vitality. Take care of the plants to keep them healthy and strong and they can help do the same for you by improving your mood.



04 KEEP YOUR WINDOWS CLEAN

Keeping your windows clean allows the sun's energy to filter into the rooms of your home without resistance. It can also help you feel more energetic. Get more vitamin D in your life by never forgetting to clean your windows.

05 GIVE AWAY STUFF YOU NO LONGER NEED OR USE

After sorting through our physical possessions and identifying the clutter, there is now the challenge of what to do with it. We all have things that no longer fit or we just don't wear, or we plainly just don't need/use anymore. This stuff is meaningless to you but will make a big change in someone else's life. Since the item no longer brings me joy or need, I can only hope that by giving it away someone else will experience it. In this way, I am aligning my actions with my values.

