

Good Hygiene Matters
Your Environment and YOU

Home Hygiene-Intro

Learning to Declutter and Improve Your Health & Wellness



NorthCare Network

Home Hygiene-Introduction

*According to the World Health Organization, “Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases.”*¹ Keeping your surroundings clean is important to your wellness. It can have a beneficial effect on both your mental and physical health.

Clutter Contributes to Poor Home Hygiene

Many of us have more “stuff” than we need. It is easy to let our possessions pile up. Clearing out clutter is a first step to practicing good home hygiene. *It just feels better to see more order.*

- **Clutter (noun):** a crowded or confused mass or collection.
- **Clutter (verb):** to fill or cover with scattered or disordered things that impede movement or reduce effectiveness.²

People have more possessions than they need for different reasons:

- Thinking something might be of use in the future (*seeing a future need for that item and fearing you won’t be prepared without it*).
- Having memories connected to someone or something special (*creating a strong attachment*).
- Believing your belongings are valuable (*unable to let go of something you consider priceless and irreplaceable*).
- Keeping something because you don’t know where to put it (*difficulty making decisions*).

The Problem With Clutter

If you have more belongings than necessary, it might be a good time to declutter and clean and *get rid of what you don’t really need.*

Too much clutter is linked to **anxiety and depression**. Clutter can affect your **emotional, physical, and social wellbeing**. The following are some of the effects of clutter:





Emotional

- You feel **distress** at the thought of sorting through your possessions.
- It takes lots of time and energy to manage extra stuff, leaving you feeling **exhausted and defeated**.
- It is easy to **lose** important documents due to clutter, making you feel **frustrated**.

Physical

- Having too many objects can make rooms **unusable**. If you have large amounts of stuff, it may be **difficult to sit** on furniture, **sleep** in a bed, or **prepare** food in your kitchen.
- Piles of papers or boxes may make your place **unsafe** (a fire hazard) and **unsanitary** (a place for bugs to hide).



Social

- Your living areas may be too cluttered to have guests, keeping you **isolated**.
- You might experience **shame or embarrassment** about having a messy living space.
- Relationships can get **strained** with others, family and friends, who don't understand why there is so much clutter.

Health Benefits of Decluttering

Once you decide to declutter, **your life can become less stressful**. You will have **more energy** by having less items to sort and clean. By **reducing distractions**, you can **improve your focus** on what is most important to you. These habits will create **a healthier, cleaner home**.



Just keep your possessions relevant to who you are right now.

Allow yourself to be **YOU**, not the person **you think you were**, or the person **you think you should be**.

Set small, realistic goals.

Learn to let go of clutter!

It will make your life safer, easier, and better.

It's Your Choice.

GOOD HOME HYGIENE keeps you healthier. It can reduce **stress and depression**, increase **self-esteem and confidence**, and improve **concentration to better achieve your goals**.

For more information, call **NorthCare Network: (906) 225-7254 or (888) 333-8030**