

Good Hygiene Matters
Your Environment and YOU

Home Hygiene-1
Why it Matters and
How It Affects Your
Health & Wellness



NorthCare Network

Home Hygiene–Part 1

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.

Home Is Where the Heart Is

Your home, or wherever you live, should be clean, comfortable, and not cluttered. Your living space should be *your castle* and *place of refuge*. Famous quotes like, “. . . there’s no place like home,”² and “Home is where the heart is,”³ express the importance of where you live.

Cleaning Matters and It Promotes Wellness

When your living place is clean, you feel good. Messy, dirty environments are unhealthy. They can make you feel trapped and your life can become chaotic with poor home hygiene.

Author Tisha Morris said, “*where there’s clutter in your home, there will be clutter in [you] – either, physically, mentally, or emotionally.*”⁴

By keeping your place clean, **you may experience the following wellness benefits:**

- *Feel less stress and depression, and enjoy greater self-esteem.*
- *Have more energy through a sense of accomplishment.*
- *Enjoy better concentration and focus with fewer distractions.*
- *Have more time to accomplish personal goals.*
- *Improve your social life by inviting friends and family over and being more comfortable in your living space.*
- *Create a healthier, happier, more calming environment.*
- *Reduce allergies and prevent illnesses. This will keep you healthier.*





How to Make Your Space Clean

If your living space is clean, *it will look neat and organized*. You will feel calmer and healthier in this environment. **By following the general tips below, you can make your home space more comfortable to live in:**

- *Be proactive and clean daily. If you pick up and clean only 10-15 minutes each day, it can make a BIG difference and help declutter your place.*
- *Keep your kitchen and bathroom surfaces germ-free and sanitary.*
- *Wash dishes daily and always clean up after cooking.*
- *Put things away in their places. This habit will help prevent injury from tripping over something that's in the wrong place. This will also make it easier to clean when you vacuum or wash the floors.*
- *Have shelves and clear storage bins. This will help you store things away, make it easier to find things when you need them, and keep your place tidy.*
- *Keep surfaces free of dust and dirt. This helps eliminate bugs and pests.*
- *Get rid of extra things you don't need or use. Consider donating and recycling.*



These spaces look comfortable because they are neat, clean, and organized. When you keep your living space clean, it will make your home environment more cozy, inviting, and healthy. *And it will make you feel good.*

It's Your Choice.

If you need help with cleaning, check with your case manager for assistance and additional resources.

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 Katreena Hite, Integrated Care Specialist, at (906) 225-7344