

**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.”*<sup>1</sup> 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.<sup>2</sup>

### *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**.

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