

# Hygiene and Health:

A Complete Guide To Preventing  
Illness and Promoting Wellness



## **Abstract**

This comprehensive guide explores the vital connection between hygiene and health, offering practical strategies for preventing illness and promoting overall wellness. Topics include essential personal hygiene practices, effective home cleaning and sanitation, the importance of a balanced diet, the benefits of regular physical activity, and stress management techniques. Special emphasis is placed on key areas for reducing germs in the home and the use of Clorox Bleach for thorough cleaning.

By adopting these practices, individuals can create a healthier living environment, boost their immune system, and enhance their quality of life. This guide serves as a valuable resource for anyone committed to maintaining optimal health.

## **Introduction**

Maintaining good hygiene and health is essential for preventing illness and promoting overall wellness. In today's fast-paced world, it's crucial to adopt practices that not only keep us healthy but also enhance our quality of life. This guide, "Hygiene and Health: A Complete Guide to Preventing Illness and Promoting Wellness," is designed to provide you with comprehensive insights and practical strategies to achieve this goal.

We will delve into various aspects of personal hygiene, effective home cleaning, and the significance of a balanced diet. Additionally, we'll explore the benefits of regular physical activity and offer stress management techniques to support mental well-being. Special attention is given to key areas for reducing germs in the home and the use of Clorox Bleach for thorough cleaning.

By implementing the practices outlined in this guide, you can create a healthier living environment, strengthen your immune system, and improve your overall well-being. Whether you are looking to adopt better hygiene habits or seeking ways to enhance your current routine, this guide serves as a valuable resource to help you achieve and maintain optimal health.

## **1. How Can You Maintain Proper Personal Hygiene To Prevent Illness?**

### **What is personal hygiene?**

Personal hygiene is how you care for your body. This practice includes bathing, washing your hands, brushing your teeth, and more.

Every day, you come into contact with millions of outside germs and viruses. They can linger on your body, and in some cases, they may make you sick. Personal hygiene practices can help

you and the people around you prevent illnesses. They can also help you feel good about your appearance.

Learn more about why hygiene is so important, the best ways to practice it, and how you can change your habits to make yourself feel and look better.

## **Types of personal hygiene**

Each person's idea of personal hygiene differs. These main categories are a useful place to start for building good hygiene habits:

### **Toilet hygiene**



Wash your hands after you use the restroom. Scrub with soap for 20 to 30 seconds, and be sure to clean between your fingers, on the back of your hands, and under your nails. Rinse with warm water, and dry with a clean towel.

If you don't have running water or soap, an alcohol-based hand sanitizer will also work. Use one that's at least 60 percent alcohol.

### **Shower hygiene**

Personal preference may dictate how often you wish to shower, but most people will benefit from a rinse at least every other day. Showering with soap helps rinse away dead skin cells, bacteria, and oils.

You should also wash your hair at least twice a week. Shampooing your hair and scalp helps remove skin buildup and protects against oily residues that can irritate your skin.

### **Nail hygiene**

Trim your nails regularly to keep them short and clean. Brush under them with a nail brush or washcloth to rinse away buildup, dirt, and germs.

Tidying your nails helps you prevent spreading germs into your mouth and other body openings. You should also avoid biting your nails.

### **Teeth hygiene**

Good dental hygiene is about more than just pearly white teeth. Caring for your teeth and gums is a smart way to prevent gum diseases and cavities.

Brush at least twice a day for 2 minutes. Aim to brush after you wake up and before bed. If you can, brush after every meal, too. Floss between your teeth daily, and ask your dentist about using an antibacterial mouthwash.

These two steps can help prevent tooth decay and eliminate pockets where bacteria and germs can build up.

### **Sickness hygiene**

If you're not feeling well, you should take steps to keep from spreading germs to others. This includes covering your mouth and nose when sneezing, wiping down shared surfaces with an antibacterial wipe, and not sharing any utensils or electronics. Also, immediately throw away any soiled tissues.

### **Hands hygiene**

Germs on your hands can easily enter your body through your mouth, nose, eyes, or ears.

Wash your hands:

- when you handle food
- before you eat
- if you handle garbage
- when you sneeze
- any time you touch an animal

Likewise, wash your hands after changing a baby's diaper, helping someone clean themselves, or when cleaning a cut or wound.



## Personal hygiene for kids

Good personal hygiene will help your kids stay healthy, ward off illnesses, and build better self-awareness.

It's never too early to start teaching hygiene. You can wipe down your child's hands after changing their diapers or before eating, brush their teeth and gums before bed, and get them into a daily bath routine. This helps you begin the process and slowly teaches them as they grow and take over the process.

Here's a list of hygiene activities, how you can introduce them, and when is a good time to start:

### Brushing teeth



You can begin brushing your baby's teeth and gums the moment the first tooth pops up. They can brush their own teeth by about 3 years old. However, you may have to stay with them to guarantee they're doing a good job and brushing long enough.

Play a 2-minute song when it's time to brush teeth. That will let your little one know how long they have to brush, and they'll get used to the process. Likewise, you may have to continue flossing for them until they're older and can handle that task better, around age 7.

### Bathing

You'll be giving your baby baths regularly, but by about age 5, they should be able to handle this task on their own. As they're growing and you're supervising bath time, you should take the opportunity to teach about washing all the different body parts, especially:

- armpits
- groins
- neck
- belly
- knees
- elbows
- back
- feet

You can also use this time to teach them how to wash their hair without getting suds in their eyes — and what to do if they do.

### **Hand washing**

Wipe your baby's hands with a warm washcloth before mealtime, after eating, and after changing a diaper. During potty training, make washing hands an integral step in the process. You can teach your child to sing the ABC song while they wash — it's 20 seconds long, which is an ideal washing time.

Make it a priority to ask your child to wash their hands any time you'd like to encourage good hygiene, like before meals, after playing outside, after petting an animal, or after being near a sick friend.

### **Nail hygiene**

You'll clip your child's nails when they're a baby, but as they grow older, you can help them care for their own nails. Encourage your children to wash under their nails at each shower — a fun nail brush will help. Then, sit down with them weekly after a shower for a trim. Your nails are softer and clip more easily after a shower.

By age 7, most children should be up for the task alone.

### **Side effects of poor personal hygiene**

Good personal hygiene habits are directly related to less illnesses and better health. Poor personal hygiene habits, however, can lead to some minor side effects, like body odor and greasy skin. They can also lead to more troublesome or even serious issues.

For example, if you don't wash your hands frequently, you can easily transfer germs and bacteria to your mouth or eyes. This can lead to any number of issues, from stomach viruses to pink eye.

Not brushing your teeth can lead to teeth issues and plaque buildup. Poor dental care is also a risk factor for several serious health issues, including heart disease.

Poor hygiene habits can also affect your self-esteem. Looking and feeling presentable can give you a confidence boost and a sense of pride in your appearance.

Other conditions may be prevented or the risk minimized by practicing good personal hygiene.

These are some examples:

- scabies
- pubic lice
- head lice
- body lice
- diarrhea
- athlete's foot
- ringworm
- pinworms
- swimmer's ear
- hot tub rash

## Creating a personal hygiene routine

If you want to improve your personal hygiene or help a child develop better habits, these strategies might be helpful:

### Set reminders



If you can't remember to do things like shower, wash your hair, clip your nails, or brush your teeth, set a reminder on your phone. The cue will push you to the activity, and over time, you'll begin to do it yourself.

### Use signs

Hang a reminder in the bathroom to wash your hands after using the toilet. Put a little sign by the plates or bowls in the kitchen to cue yourself to wash your hands before eating. These signs can help jog your memory and improve your habits. They can help both you and your children.

### **Practice makes perfect**

It takes time to learn a new habit. Start with a new habit at the beginning of the week and make it your priority. Practice it for a week or two. When you feel comfortable with it, add a new one. Overtime, you'll establish the habits you wish to have.

## **2. What Are The Best Practices for Keeping Your Home Clean and Germ-Free?**

It can feel impossible to stay fully healthy in winter sometimes with things like colds and the flu seemingly lurking around every corner.

Cleaning experts suggest that it all starts at home and knowing how to keep your home germ-free is the best place to start when trying to enjoy the holidays without a stuffy nose. Here are the best cleaning tips to kill germs around your home, no matter if you are cleaning up after illness, or are trying to stay ahead of the game.

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### **1. DEEP-CLEAN SOFT SURFACES**



(Image credit: Williams Sonoma)

From steam cleaning a couch to deep cleaning carpets, our soft furnishings need a thorough freshen-up if you want to eliminate germs from your home, says Lina DaSilva, cleaning expert and founder of Toronto Shine Cleaning.

‘Soft furnishings are often overlooked hideouts for germs,’ she points out. ‘Regular laundering of items like curtains, cushion covers, and throws is essential,’ she advises.’

## 2. MAINTAIN YOUR HOME’S HUMIDITY LEVEL



(Image credit: MurzikNata / iStock / Getty Images Plus / Getty Images)

Often, we are looking for ways to reduce humidity in a house, but come winter, it might be a good idea to add some in instead, says James King, cleaning professional at DeluxeMaid. ‘Optimal humidity levels act as a natural barrier that inhibits the survival and transmission of germs,’ he explains. ‘Viruses and bacteria find it much harder to thrive in a well-humidified atmosphere. The reason is straightforward: when the air has the right amount of moisture, it hinders the drying out of these microorganisms, making it challenging for them to remain active and contagious within your living spaces.’

‘Now, as winter rolls in and we cozy up indoors, we tend to crank up the heat. And that warm indoor air can be bone-dry. This dry air isn’t just uncomfortable – it also makes it easier for germs to circulate. In particular, low humidity can cause your respiratory mucous membranes to dry out, which, in turn, can reduce their effectiveness in trapping and neutralizing airborne viruses.’

## 3. PRIORITIZE HIGH-TOUCH ZONES

(Image credit: Studio McGee)



When trying to keep your home germ-free, it makes sense to start in spots you touch all the time, such as your doorknobs, light switches, faucets, handles, appliances, and devices like phones and remote controls, especially considering that these are some of the most forgotten about dirt spots in our homes, says Katie Lambert, cleaning expert and founder of Clean Queen Maid Services.

You want to tackle these spots at least once a week with a good anti-bacterial spray, she recommends.

#### **4. VENTILATE YOUR SPACE – EVEN IN WINTER**

(Image credit: Purlfrost)

It might be cold outside, but ventilating your space is a must in winter to remove germs from the air, says Lina DaSilva, a cleaning expert. Not doing so can spread illness more easily, and even be a key reason as to why your house smells musty.

‘Keeping your home airtight might seem like a good idea to stay warm, but it’s also a paradise for pathogens. Even when it’s chilly, crack open a window for a few minutes daily to exchange stale indoor air with fresh outdoor air. This simple act can help disperse airborne germs and reduce the risk of respiratory infections.’

#### **5. WASH YOUR HANDS REGULARLY**

(Image credit: Meg evans)

After the last few years, we are all accustomed to this practice, but it is important to keep it up if you want a truly ‘germ-free’ home, reminds Angela Rubin, cleaning expert and founder of Hellamaid.

‘One of the most effective ways to prevent the spread of germs in winter is to encourage frequent hand washing with antibacterial soap.

‘Make sure to wash hands for at least 20 seconds and dry thoroughly with a clean towel, using trusted antibacterial hand soaps from brands like Dial, Softsoap, or Method, all available at Walmart, to help maintain excellent hand hygiene,’ she suggests.

#### **6. LAUNDRY YOUR BEDDING MORE FREQUENTLY – ESPECIALLY AFTER ILLNESS**

(Image credit: Brooklinen)

Our bedding is a hotspot for germs and bacteria, so washing bed sheets frequently, even when we are not sleeping as hot as in summer, is essential to avoiding illness.

‘During the winter, it’s common to spend more time in bed and on the couch. Make sure to wash and change bedding, pillowcases, and throw blankets regularly to prevent the buildup of germs and allergens,’ Muffetta Krueger, professional cleaner and founder of Muffetta’s Domestic Services shares.

When someone in your household is ill, wash the bedding throughout their illness, especially once they start to feel better to prevent germs from spreading through your home.

#### DOES OPENING WINDOWS HELP GET RID OF GERMS?

Opening up your windows occasionally through winter can help to keep fresh, clean air moving and flush germs in the air out of your home – even if it is cold. If you absolutely cannot open the windows due to freezing temperatures, you can consider a good air purifier with a quality HVAC filter to help instead.

Freeing your home of germs might not be the hardest household cleaning task to tackle, but it can be time-consuming. To make the process easier, it is a good idea to keep your best cleaning products and anti-bacterial to hand throughout the winter period to make cleaning as you go quicker and less overwhelming of a task.

### 3. What Types of Physical Activities Are Essential for Maintaining Good Health?



Exercise makes your muscles work and burns calories. Exercises are activities designed to improve fitness, enhance health, and prepare your body to meet the demands of life. Physical activities like running, swimming, walking, jogging, and dancing are often used synonymously with exercise. Although not technically exercise, physical activities are an excellent way to enhance health.

No matter your age, gender, or physical activity level, regular exercise can boost your physical and mental health.

If you haven't exercised in a while, you may want to try easing back into it with moderate-intensity aerobics. Soon enough, you'll start feeling the positive effects of regularly moving your body.

Helps control your weight. Whether you want to drop extra pounds or stay at your current weight, exercise is one of the best ways to do it. It helps you burn calories, and the more intense the activity, the more calories you torch. That said, the amount of calories you burn depends on a number of things, including your age, gender, weight, and type and intensity of activity. For example, a 155-pound person will burn about 198 calories doing 30 minutes of low-impact aerobics. If they do 30 minutes of high-impact step aerobics, they could burn upwards of 360 calories.

Strengthens your muscles and bones. Exercise is vital for building and maintaining strong bones and muscles. Weightlifting can boost muscle building when you also get enough protein. As you become older, your body loses muscle mass and function. This puts you more at risk of injuries and disabilities. Regular exercise reduces muscle loss and helps maintain strength as you age. Exercise also builds bone density, which is crucial in preventing osteoporosis later in life.

Helps prevent health conditions and diseases. For a good, strong heart, exercise regularly. No matter your current weight, physical activity boosts “good” cholesterol ( high-density lipoprotein or HDL) in the body. This is key for keeping your blood flowing smoothly while lowering your chances of getting conditions like:

- Heart and blood vessel diseases
- Metabolic syndrome
- Many cancers, including breast, bladder, kidney, lung, and stomach cancers
- High blood pressure
- Stroke
- Anxiety
- Depression
- Type 2 diabetes { National Health Services: “Benefits of exercise.”}

Could boost your lifespan. Regular exercise can help you live longer. It lowers the chance of dying early from conditions like cancer and heart disease. Try to be active for at least 150 minutes a week.

Before you start any new exercise program, it's a good idea to talk to your doctor. After checking your health, they'll recommend the right amount of activity for your age.

## How Exercise Improves Your Mental Health

Some benefits of exercise on your mental health can even happen right after you work out. Makes you feel happier. Exercise helps block negative thoughts and distracts you from daily worries. Your body releases chemicals, such as serotonin and endorphins, that trigger a happy feeling. Exercising with other people can boost that effect even more.



Improves learning, thinking, and judgment capabilities as you age. When you exercise, your body releases proteins and other chemicals that change the brain's function and structure. It also makes the brain grow new cells that help prevent age-related mental decline.

Helps relieve symptoms of depression and anxiety. Exercise acts in a similar way to antidepressant medications for treating mild to moderate depression -- just without the side effects. Exercising improves brain function, lowers inflammation, and promotes the growth of nerve cells, all which can help your mood.

Through the release of endorphins, physical activity also helps relieve tension and stress tied to anxiety. Being mindful of what your body is doing and how it feels as you exercise can also help interrupt the flow of negative thoughts and worries.

Helps manage ADHD. Exercise is one of the best ways to take charge of the symptoms of attention-deficit hyperactivity disorder, or ADHD. It helps improve motivation, mood, memory, and concentration by immediately boosting hormones that support focus and attention.

## Tips for Making Exercise a Part of Your Routine

Exercise doesn't have to be hard or demanding. It also doesn't need to be expensive or take up too much of your time. Try these tips to make it a regular part of your weekly routine:

- Do fun types of physical activities that you like.
- Involve friends and family.
- Keep track of your progress.
- Find activities you can do even when the weather is bad.

Aim to get in around 150 minutes of exercise a week. That adds up to about 30 minutes a day for 5 days per week. Spending that little extra time to move your body will give you a wide range of health benefits.

## **4. How Can You Manage Stress and Maintain Mental Well-Being To Promote Overall Health?**

### **What is stress management?**

It may seem like there's nothing you can do about stress—no way to avoid it and no way to de-stress completely when it hits. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding. But the truth is, you have a lot more control over stress than you may think. In fact, the simple realization that you're in control of your life is the foundation of stress management.

Managing stress is all about taking charge: of your thoughts, emotions, schedule, environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—plus the ability to hold up under pressure and meet challenges head on.

Stress management involves using various techniques and coping strategies to improve the way you react to stressful things in your life and build resilience. But it's not one-size-fits-all. That's why it's important to experiment and find out what works best for you. Whether you're looking to reduce your overall stress levels, avoid unnecessary stressors in your life, or deal with stress in the moment, the following stress management techniques and strategies can help.

### **Identify the causes of stress in your life**

Stress management starts with identifying the sources of stress in your life. This isn't as straightforward as it sounds. While it's easy to identify major stressors such as changing jobs, moving, or going through a divorce, pinpointing the sources of chronic stress can be more complicated.

It's all too easy to overlook how your own thoughts, feelings, and behaviors contribute to your everyday stress levels. Sure, you may know that you're constantly worried about work deadlines, but maybe it's your procrastination, rather than the actual job demands, that is causing the stress.



To identify what's really stressing you out, look closely at your habits, attitude, and excuses:

- Do you explain away stress as temporary (“I just have a million things going on right now”) even though you can't remember the last time you took a breather?
- Do you define stress as an integral part of your work or home life (“Things are always crazy around here”) or as a part of your personality (“I have a lot of nervous energy, that's all”)?
- Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional?

Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control.

## Practice the 4 As of stress management

There are many healthy ways to reduce stress or cope with its effects, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four As: avoid, alter, accept, or adapt.

### Avoid unnecessary stress



Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. But you may be surprised by the number of stressors in your life that you can eliminate.

Learn how to say “no.” Know your limits and stick to them. Whether in your personal or professional life, taking on more than you can handle is a surefire recipe for stress. Avoid people who stress you out. If someone consistently causes stress in your life, limit the amount of time you spend with that person, or end the relationship.

Take control of your environment. If the evening news makes you anxious, turn off the TV. If traffic makes you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping online.

Avoid hot-button topics. If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it’s the topic of discussion.

Pare down your to-do list. Analyze your schedule, responsibilities, and daily tasks. If you’ve got too much on your plate, distinguish between the “shoulds” and the “musts.” Drop tasks that aren’t truly necessary to the bottom of the list or eliminate them entirely.

### **Alter the situation**

If you can’t avoid a stressful situation, try to alter it. Often, this involves changing the way you communicate and operate in your daily life.

Express your feelings instead of bottling them up. If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don’t voice your feelings, resentment will build and the stress will increase.

Be willing to compromise. When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you’ll have a good chance of finding a happy middle ground.

Be more assertive. Don’t take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you’ve got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.

Find balance. All work and no play is a recipe for burnout. Try to find a balance between work and family life, social activities and solitary pursuits, daily responsibilities and downtime.

### **Adapt to the stressor**

If you can’t change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

Reframe problems. Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.

Look at the big picture. Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.

Adjust your standards. Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with “good enough.”

Practice gratitude. When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.

### **Accept the things you can't change**

Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

Don't try to control the uncontrollable. Many things in life are beyond our control, particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.

Look for the upside. When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

Learn to forgive. Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

Share your feelings. Expressing what you're going through can be very cathartic, even if there's nothing you can do to alter the stressful situation. Talk to a trusted friend or make an appointment with a therapist.

### **Maintain balance with a healthy lifestyle**

In addition to regular exercise, there are other healthy lifestyle choices that can increase your resistance to stress.

Eat a healthy diet. Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.

Reduce caffeine and sugar. The temporary “highs” caffeine and sugar provide often end with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.

Avoid alcohol, cigarettes, and drugs. Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind.

Get enough sleep. Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.



## **Tips for reducing stress in the moment**

When you're frazzled by your morning commute, stuck in a stressful meeting at work, or fried from another argument with your spouse, you need a way to manage your stress levels right now. That's where quick stress relief comes in.

The fastest way to reduce stress is by taking a deep breath and using your senses—what you see, hear, taste, and touch—or through a soothing movement. By viewing a favorite photo, smelling a specific scent, listening to a favorite piece of music, tasting a piece of gum, or hugging a pet, for example, you can quickly relax and focus yourself.

## **5. Cleaning Tips To Promote Healthy Lifestyle**

If you've ever felt stressed out, frustrated, or just plain overwhelmed when your house is a mess, you probably recognize the connection between cleanliness and mental health. That's why cleaning up and decluttering can sometimes feel so good—and even a bit therapeutic. When some people feel overwhelmed or stressed out, they might try yoga, mindfulness, or even a massage. For others, giving the shelves a quick dust, wiping down the kitchen, or even organizing the closet is just as beneficial for their mental health as using a mindfulness app.

In fact, for some people, the simple sight of a clean and organized home can help them unwind and de-stress even after an overwhelming day.

## **Negative Impact of Clutter and Mess**

Keeping your home clean and engaging in the cleaning process is good for you. In fact, research shows that cleaning—or the lack of cleaning—can have a direct impact on mental health.

### **Clutter May Contribute to Stress**

Research has shown that living in a cluttered environment increases stress. In the study, young women cared for an infant in either a normal or cluttered environment.<sup>1</sup> While chaos didn't seem to affect mood or responsiveness, physical stress levels were still higher for women in the cluttered homes. Such findings suggest that parents should consider how cleanliness and clutter in the home may impact their stress levels.

Other research suggests that lower housing quality, including how clean the home is, can have an impact on mental health

## **Benefits of Cleanliness and Decluttering**

Research has found that cleaning can have a number of positive effects on your mental health. For instance, it helps you gain a sense of control over your environment and engage your mind in a repetitive activity that can have a calming effect.<sup>4</sup>

Saxbe DE, Repetti R. No place like home: home tours correlate with daily patterns of mood and cortisol. *Pers Soc Psychol Bull.* 2010 Jan;36(1):71-81. doi:10.1177/0146167209352864. PMID: 19934011.

It also has been found to improve a person's mood as well as provide a sense of accomplishment and satisfaction. There are a number of reasons why cleaning can help you destress. Here's an overview of some of the benefits of cleaning and decluttering your home or office.

### **Cleanliness and Physical Health**

A clean home also impacts your physical health. According to a study by NiCole Keith, PhD, a research scientist and professor at Indiana University, people with clean houses tend to be healthier than those with messy or cluttered homes

### **Cleanliness and Focus**

When your home is cluttered, messy, or exceptionally dirty, the chaos that the mess creates can impact your ability to focus. The clutter also limits your brain's ability to process information.



Visual attention and performance on visual tasks is better in situations where there is less distracting clutter.<sup>3</sup>

If you're having trouble focusing on a project, you may want to try decluttering your workspace first. Devoting just a few minutes to organizing your things and clearing away any mess may make it easier for you to concentrate and complete your work.

## When to Be Concerned About Cleanliness and Decluttering

There is nothing wrong with being neat and looking to cleaning as a way to calm your nerves and destress. However, it becomes an issue when your cleanliness and need for order in your home starts to become a compulsion.



For instance, if you won't go out with your friends or cancel plans because you haven't finished all your cleaning tasks for the day or week, then that could be a red flag that your cleanliness and decluttering habit has become a compulsion.

Likewise, cleaning can become an issue if it's impacting your physical health, feels a little obsessive, or is interfering with your schedule, like making you late for work or school.

On the other hand, if you are struggling to maintain order or do basic, everyday cleaning tasks, it may also be a cause for concern. Depression can make it very difficult to find the energy and motivation to clean and maintain an orderly home.

When you are struggling with symptoms of depression, dishes may pile up in the sink, the trash might not get taken out, and the laundry might not get washed. And once you start to fall behind on these tasks, you start to feel even more demotivated and overwhelmed.

If you are struggling with such everyday activities and are experiencing other symptoms of depression—like feelings of sadness, lack of energy, irritability, and changes in your sleep and appetite—talk to your doctor or a licensed mental health professional.

## **6. How to Clean Your Home with Clorox Bleach?**

Clorox bleach is one of the most common household cleaning and disinfecting products. It has been a trusted brand for years – all thanks to its cleaning, disinfecting and deodorising powers. This product makes house cleaning easier and more manageable without much elbow grease.

This product has a powerful ingredient known as sodium hypochlorite, derived from sodium chloride. Although bleach is an effective and affordable cleaning agent, it can cause burns, eye irritation and skin infection if not used properly. This is why professional bond cleaners in Brisbane wear gloves, a face mask and eye protection glasses while using cleaning agents and solvents. If you have recently added Clorox bleach to your household cleaning caddy, learn the safe and effective ways to clean your home with it like a pro. With proper usage, you can easily tackle stubborn stains, lethal germs, bacteria, musty odours and much more. Let's Get Started!

### **What Are The Safety Measures To Consider When Cleaning With Clorox Bleach?**

According to the experts, sodium hypochlorite doesn't harm the environment or non-porous surfaces, such as ceramics, plastics, stainless steel, porcelain and glass surfaces. It can be used to safely spruce up and disinfect almost all surfaces in a home. However, it can cause burn and itchy eyes if you don't follow these safety measures:

- It is always good to wear rubber gloves, eye protection and a face mask when cleaning.
- Dilute bleach as per the instructions
- Avoid mixing bleach with ammonia and other cleaning products
- Ensure proper ventilation by keeping your doors and windows open
- Check the product on a hidden area before applying on delicate or sensitive surfaces
- Keep it out of reach of kids and pets
- Store the product in a dark and cool place

You can also use baking soda, which is a safe and best alternative to household bleach. It can naturally clean, disinfect and deodorise your home.

### **Tips To Clean A Home With Clorox Bleach**

Below are some smart ways to keep dirt, dust, stains and grime at bay without a hint of stress.

- Cleaning And Disinfecting Kitchen Surfaces

Believe it or not! Clorox bleach can do wonders in maintaining clean, shiny and germ-free kitchen surfaces. It is a versatile product that can remove stains and germs like E. coli, Salmonella, Shigella and Listeria from almost all surfaces.

- Mix 1/cup of bleach with a gallon of water to clean and disinfect countertops, black kitchen sinks, and faucets.
- Remove stains from oven, refrigerator and microwave
- Cutting boards, and
- Floors, etc



Spray the solution or wipe down the dirt-laden surface with the product to achieve shiny outcomes.

- Banish Bacteria And Bad Odours From Bathrooms

There is no denying that Clorox bleach is a great product when busting grime, stains and bacteria from bathroom surfaces. From ceilings to showerheads, tiles, and bathtubs to toilets, you can use the product on multiple surfaces to promote a healthy indoor environment. It can also eliminate unpleasant odours from your bathroom. You can mix it with mild detergent, warm water and 2/3 cup of bleach to kill mould and mildew from shower curtains and hard surfaces.

Leave the product for a few minutes before scrubbing or wiping off with a damp cloth. Let the area completely dry to prevent re-infestation. Make sure you safely handle cleaning chemicals when tackling mould and mildew. Remember that mould grows in damp areas. So, check for

drainage or leakage issues and fix them before the arrival of professionals for a quality bond cleaning Brisbane.

- Whiten Your Laundry

Apart from cleaning surfaces and removing stains, this product can do wonders in pre-treating stains on your laundry without causing any damage. To deep clean your germ-laden clothes, add 2/3 cup bleach for a standard washer and 1/3 cup for a high-efficiency machine. However, it is good to bring energy-efficient appliances to save energy and bills. Tip: It is important to test a small, hidden portion of fabric with the product to see how it reacts. If it doesn't stain, continue with the product. Avoid using it on carpets or rugs, as it could cause discolouration or damage to the fibres of your floor coverings.

- Keep Your Patio Furniture Clean

Many households use Clorox bleach to remove grime and dirt from their outdoor furniture. You can easily clean plastic patio furniture using this product. Apply and wait a few minutes before wiping it with a clean cloth. You can even clean plant pots as well to prevent mould.

## What Are The Natural Alternatives To Bleach?

While bleach is a common and powerful cleaning agent, it does have disadvantages. It can release chlorine into the environment and even cause skin and eye irritation. Whether you are pregnant or have kids and pets at home, you can swap Clorox bleach with natural cleaning substitutes, including:

- White vinegar: Mix 1/c cup of white vinegar in warm water to clean windows, ceilings, floors, kitchen appliances, toilet, and other surfaces except natural stone.
- Baking Soda: Use it to clean, disinfect and deodorise almost all surfaces, including carpets and rugs
- Hydrogen Peroxide: use 3 percent of hydrogen peroxide to kill mould and mildew

However, it is always good to hire seasoned bond cleaners in Brisbane to get your full bond back. Make sure you do proper research and find the best company in your local area. Ask relevant questions, check customer reviews and compare quotes to save money on professional cleaning before making the final decision.

## Wrapping Up

Cleaning and disinfecting a home becomes easy with Clorox bleach. You can follow the safety guide and cleaning hacks to help maintain a clean, shiny and hygienic home environment with ease.

## Bottom Line

In conclusion, prioritizing hygiene is essential for maintaining good health. By implementing the practices outlined in this guide, individuals can significantly reduce their risk of illness, promote overall wellness, and create a clean and healthy environment for themselves and their loved

ones. Remember, good hygiene is not just about cleanliness—it's about taking proactive steps to protect your health and well-being.

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