

Spring Cleaning is Healthy For You

Did you know that spring cleaning is good for your mind and body? Spring cleaning can:

- **Strengthen your immune system.** When you dust and vacuum, you can prevent dust, dander, mold, and mildew from building up and triggering allergies. When your allergies are triggered, it can lead to respiratory complications and illnesses.
- **Helps you feel accomplished.** Our brains like it when we finish what we have started and cleaning is a tangible way to achieve that. You might decide to clean your garage after a long winter. Not only will you have a clean garage, but you'll have the satisfaction of completing a task.
- **It destresses you.** Are you feeling stressed and overwhelmed? Well, cleaning can actually help you work out your stress.
- **Help you feel more peaceful.** Having a clean and organized home helps you to know where everything is and feel more in control.
- **Improves your focus.** If you work from home, it is especially important to keep your work space neat and clean to prevent any distractions.



Tasks to Consider When Spring Cleaning

- **Decks and Patios.** Spring is the perfect time to get rid of any dirt and leaves that may have accumulated on your decks and patios.
- **Winter clothes.** Donate clothing you didn't wear during the winter and pack away out of season clothing.
- **Change batteries.** When you adjust your clocks to "spring forward," it is the perfect time to change your batteries in smoke detectors and carbon monoxide detectors. Also, don't forget to change them in the fall when you adjust your clocks to "fall back."

- **Move furniture.** Moving furniture gives you the opportunity to clean hard to reach spots and clean areas you may not typically clean.
- **Inspect washing machine hose.** Rubber and vinyl washing machine hoses are known to rupture and cause flooding and create thousands of dollars worth of damage. When inspecting the hoses, check them for minor leaks that can become bigger leaks. Stainless steel braided hoses are recommended over the use of rubber and vinyl hoses .
- **Clean gutters and downspouts.** Your gutters and downspouts may be littered with leaves that can cause leaks, rotting wood, and moisture and mildew problems.
- **Inspect your roof.** You can use binoculars to inspect the surface of your roof. If you see any loose shingles, cracks, or broken seals around pipes, it is advised to hire a professional to complete a thorough inspection.
- **Complete an outdoor inspection of your home.** Inspect the outside of your home for:
 - Flaking or missing paint on outdoor painted surfaces
 - Cracks, settling, and insect activity around the foundation of your home
 - Inspect windows and doors for any broken seals and replace any damaged caulk
 - Before installing window screens, inspect your windows for any holes that insects can enter through
 - Schedule a maintenance check of your HVAC system to prepare it for the summer heat
 - Walk around your yard and inspect for any areas that may have settled, rake leaves, and pull weeds

<https://health.clevelandclinic.org/why-spring-cleaning-isnt-just-good-for-your-home-but-your-mood-too>

<https://www.washingtonpost.com/home/2024/04/10/>

