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Spring Cleaning: Tips for Cleaning up your Home and Life

The days are getting longer, and the signs of spring are everywhere. As flowers bloom and birds chirp, it is a great time of the year to do spring cleaning of all sorts. Here are some tips on how to tidy up your home, diet and mental health during this season.

When we think of spring cleaning, we think of a deep clean of the house: dusting, washing windows, organizing and more. This is a great time to let in some fresh air and go to town decluttering and simplifying your space. Take it one room at a time and work from top to bottom. Put away things that don't belong and donate or trash things you no longer need. This is a great time to clean out the pantry and get rid of expired items.

As you are cleaning the house, take a minute to think about your diet. This is a good time to evaluate those new year health goals. Throw out food that doesn't align with your nutritional goals and refill shelves with healthier food options.

Finally, think about your mental health. Take some time for yourself and think of ways that will help you stay organized and on task: a sort of "declutter" of your mind. Write down shorter term and long-term goals. Consider the good habits you have and think of how you can focus more on those as you shift away from bad habits you want to get rid of. Add extra movement into your daily routine – even a quick walk around the block can do wonders for your mental and physical well-being.

Although I don't look forward to cleaning, I love the feeling it brings when things are clean, tidy and organized. Remember that 'spring cleaning' doesn't have to take place only at this time of the year. It's less overwhelming when you are able to stay on top of chores instead of letting them pile up. Integrate good habits into your daily routine and enjoy general life improvement over time. Take a deep breath, turn up the music and get to work. Happy Spring!

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