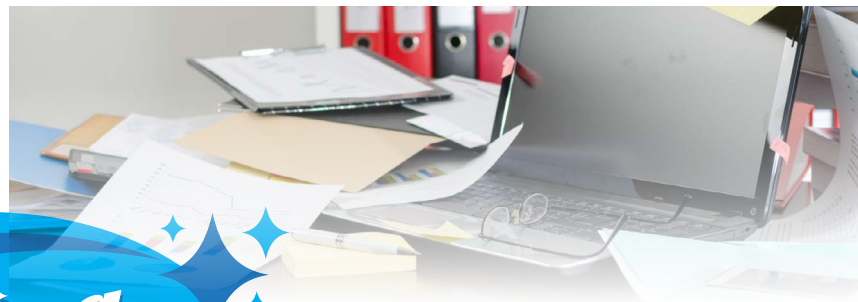


# Spring Cleaning



Thrive



## FOR YOUR LIFE

*Decluttering your physical environment also declutters the mind.*

The century-old concept of spring cleaning includes multiple cultural and religious practices and is typically done when the clocks spring forward as we are leaving winter behind. Living in a messy space can lower self-esteem and may cause a lot of anxiety, but according to Dr. Michael Messina, a clinical psychologist, having a clean house can have positive effects on your mental health.

1. **BOOSTS MOOD** – The act of cleaning can be rewarding just by seeing a task completed. While cleaning, you also experience physical movement, maybe not jogging or strength exercises, but you can make it as intense as you want. This is beneficial as exercise boosts your mood. Make it a fun experience by playing music or dancing as you go; Check out this [Mrs. Doubtfire cleaning scene](#) for some inspiration!
2. **IMPROVES FOCUS** – When working from home, it may be hard to focus if your environment fights for your attention. Having a clean space allows you to think more clearly, see progress, manage your time better and feel more in control of your environment.

# STEPS TO SPRING-CLEAN YOUR LIFE.



Spring is the season of new beginnings and a perfect time to declutter and deep clean your homes. Why stop at just physical space? Just like your home or office, your life could use a little spring cleaning too. Here are tips for decluttering and

1. **GET RID OF PHYSICAL CLUTTER** – Go through your home and office and get rid of anything you don't need or use anymore. Donate or sell items that are in good condition and recycle or dispose of things that are not repairable.
2. **DECLUTTER DIGITAL LIFE** – Just as much as physical space, your digital life can become cluttered. Delete anything that is no longer necessary in your emails, social media accounts and other digital files. Don't hesitate to unsubscribe from email lists and unfollow social media accounts that no longer serve you.
3. **SIMPLIFY YOUR SCHEDULE** – This is a great time to look at your schedule to see where you can simplify it. Learn to say no to commitments that don't align with your priorities or bring you joy and make time for activities you like.
4. **PRACTICE SELF-CARE** – It is important to take care of yourself. Make time for self-care activities like exercise, meditation or a relaxing bath.
5. **CONNECT WITH LOVED ONES** – If it has been a while, now is a good time to reconnect with friends and family you may not have seen since the holidays. Schedule a gathering to spend time together, or call or video-chat to catch up.
6. **SET GOALS** – When you think of spring, it is a time of growth and renewal, so it may be the perfect time to set new goals for yourself. Think of what you want to accomplish and set daily goals to get there.
7. **PRACTICE GRATITUDE** – Take time to reflect on all the good things in your life. If it helps, write down three things you are grateful for each day, or simply take some moments to appreciate the beauty of nature and the joys of life.

## REFERENCES

[Spring cleaning can make you happier and more productive, says clinical psychologist—here's how](#)  
[Spring Clean Your Life: Tips for Decluttering and Refreshing Your Mind, Body, and Soul](#)