



WELLNESS TIPS

SPRING CLEANING



TIPS FOR MAY WELLNESS

Spring has sprung, and that means it is time for spring cleaning! But who says that cleaning and decluttering has to be reserved to only one season? Here are several tips and tricks for you to declutter and clean your home so it feels like brand new at any time of the year.

Make a Room-by-Room Plan

Tackling your house as a whole can make cleaning a more daunting task than it actually is. It helps to break down the workload by room and plan out a list of areas to clean and declutter in each one. You'll be able to make gradual progress room by room without feeling overwhelmed or have the whole house a mess whenever you take breaks.

Wipe Down Unusual Areas

There are lots of surfaces and areas in a room that are obviously there but you wouldn't think to clean them regularly. For an effective seasonal clean, wipe down walls, windows, and blinds. If you have hardwood flooring, do a thorough sweep and polish. If you have carpet, do a deep clean and vacuum. For all surfaces, research the proper cleaning supplies to use on each without damaging anything.

Sort Out What You Don't Need

Go through all your belongings and separate them from what you need and what you don't. You can do this with your clothes, cosmetics, shoes, books, toys, etc. If your items are in good condition, consider donating them before throwing them away. Look up your local thrift stores, donation boxes or consignment stores and see what kind of donations they accept. Anything damaged or not suitable as hand me downs can be tossed or recycled. With all the new space you'll have from decluttering, you can re-organize what you keep.

Check Your Appliances

Do a thorough check of all the appliances in your home. Make sure the smoke detectors are working, clean the air vents, replace batteries in TV remotes, replace burnt out lightbulbs and wipe everything down. Check everything for damage and replace them if needed. Restock on items you're running low on so you have a steady supply on hand, such as batteries, lightbulbs and even more cleaning supplies.