

# SPRING IS HERE: 5 HEALTH BENEFITS OF SPRING CLEANING

## KEEP ALLERGIES AT BAY

Allergies are a major concern during spring. Besides pollen, indoor allergens like dust mites and mold thrive during the warmer days of spring.

Deep cleaning during this season is essential for an allergen-free home.

## BOOST YOUR MOOD

This season is perfect for tossing or donating. Decluttering your home and freeing space can positively affect your mental health and help you relieve stress—not to mention that living in a neat and tidy place will boost your mood!

## INCREASE YOUR PRODUCTIVITY AND CONCENTRATION

In a neat and tidy space, you also become more productive. It's easier to take your tasks at full capacity without mess and disorder grabbing your attention. It's easier to adopt healthier habits. Your home will be ready for an indoor exercise routine after a meticulous spring cleaning. Also, if you decide to cook healthier meals, you need a clean and tidy kitchen. A well-cleaned home could be the encouragement you need to have a healthier lifestyle.

## REDUCE SAFETY HAZARDS

Spring cleaning and maintenance can reduce in-home hazards. Avoid fire hazards by cleaning your stove and chimney. Also, misplaced cords and furniture are tripping hazards—don't forget to inspect them!

