

May – Spring Cleaning for Your Health

When the flowers begin to poke out of the ground and the trees start to sprout their beautiful new leaves, it's a good time for spring-cleaning. Let spring inspire you to clear out closets and cabinets of things that no longer serve you. De-cluttering can work wonders for your mental clarity and focus. It is freeing to let go of physical and mental junk that is taking up space in our lives. We suggest for clearer thought and renewed energy start by refreshing your home and office.



Recommendations:

- Know your clutter personality – are you too busy; overwhelmed in life or a constant worrier?
- Some experts suggest tidying up in one shot; others say do one area at a time so you're not overwhelmed. You decide what works best for you.
- Determine what to discard and what to keep. Try this 10-minute exercise – 2 trash bags; in one you put trash and the second, what you'd like to donate or give to a friend.
- Remember clutter keeps you from peace, space and freedom.
- Fully commit to a de-cluttering routine, maybe having someone help you with this.
- Get in the habit of completing a task.
- Everything in your life should be easy to put away. If an item occupies no specific location when not in use, it becomes clutter.
- Don't bite off more than you can chew – do de-clutter in manageable time slots.

Aromatherapy for Clearing & Cleaning

Essential Oils

Essential oils have historically been used to disinfect, purify the air and clear our environment.

- **Rosemary** kills germs
- **Pine** or **Mint** eliminates odors and deodorizers as well as energizes
- **Lemon** is a great degreaser and has a clean smell



References:

The Life-Changing Magic of Tidying Up: The Japanese Art of De-cluttering and Organizing by Marie Kondō

NoStressWorkplace.com

