

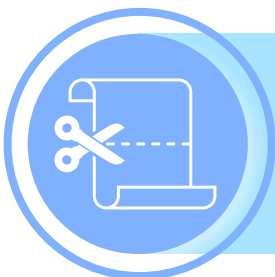
Declutter Your Space to Improve Mental Health



May is Mental Health Awareness Month. Simple tasks to declutter your space, such as taking out the trash and folding laundry, can improve mental health and increase clarity. Maintaining proper mental health is essential, and ensuring your home and workplace are clean and tidy can help contribute to good mental health.

Steps to Take

The following steps may help improve your mental health by ensuring a clean space.



Divide larger tasks into smaller tasks.



Create a routine or schedule.



Organize your work and living spaces.



Ask a friend or family member for help.

Following the above steps can help ensure a clean living space and, in turn, improve mental health.

Health Benefits

Decluttering and ensuring a clean space can lead to several health benefits, such as mood and physical health boosts, anxiety relief and increased focus. Cluttered areas can hinder mental health, so ensuring your functional spaces are clean and organized is vital.

For more tips on decluttering your area to improve your mental health, contact us today.