

Creative Ways To Bring Nature Into Your Urban Home



ABSTRACT

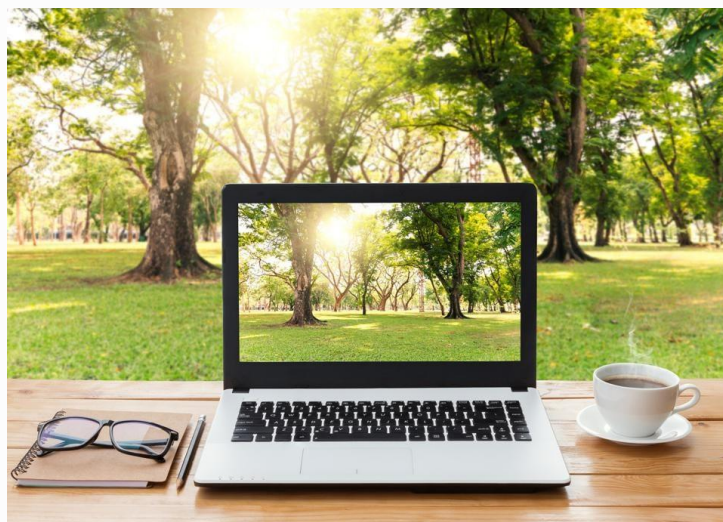
Incorporating nature into your home isn't just about buying the odd house plant. There is much more to discover in the way of indoor gardening and many other decorative avenues to explore also. Natural, tactile textures can go a long way in making your home feel like a calming retreat. From raw, exposed woods, to fresh linens, rattan, bamboo, cotton, and jute, natural materials are breathable, eco-friendly, and soft to touch.

INTRODUCTION

It's time to bring nature into our everyday life. While we know intuitively that seeing the birds and squirrels in the local park seems to have a calming effect on us and makes us feel good, empirical evidence is mounting about the benefits of nature therapy.

This article explains what nature therapy involves, how nature therapy can benefit your mental health, and how you can bring nature to your if you happen to be stuck inside.

I. Science Proves The Power Of Nature: 3 Ways To Improve Work And Life



Nature is powerfully positive for your work and your life. Nature has long been connected with happiness, fulfillment and an overall sense of wellbeing. But new research finds there are primary ways nature can contribute to your experiences in both work and life. Based on the science about what matters most, you can

squeeze the best out of the waning summer season and set yourself up to be nurtured by nature in every season.

For some, nature may be a part of your work. If you have a job where you can work remote, taking a call from the park or doing a walking meeting may be great strategies. But even if your work doesn't lend itself to a natural experience, when you have greater happiness outside of work, it can increase your perception of overall satisfaction—both in work and life.

How Nature Matters

New science finds key elements of nature which contribute most significantly to your happiness and wellbeing. A sweeping analysis just published in *Science Advances* included 301 separate studies across 62 countries (wow!).

The research identified many ways nature impacts people. It can contribute in meaningful ways to your cognition and the quality of your thinking. It can help you feel greater cohesiveness with the people around you, and even inspire better communication. It can also help you feel more creative, and it can help you develop—in terms of your character and confidence. There is also evidence nature can make you more reflective, and give you a sense of renewal. And it can help you tap into your intuition and feel more inspired to move forward.

The Power of Nature

Based on these benefits of nature, three key strategies emerged—ways you can tap into the power of nature to improve both your work and life.

Aesthetics and Exercise for Mental and Physical Health

The biggest benefits of nature, according to the research, are to mental and physical health because many people experience nature as regenerative, providing a sense of awe and meaning. And it is also a place for exercise and the enjoyment of natural beauty. The experiences of awe and flow are more common in nature, and they tend to lift you out of yourself.

Neuroscience research highlighted in *The Happiness Hypothesis* finds experiences of awe and flow are associated with reduction in activity in the parts of the brain which are vigilant and self-focused. Feeling small in relationship to the vastness of nature provides perspective, and appreciating the intricacies of a butterfly's wing can liberate you from a preoccupation with yourself. Focusing more on the bigger picture tends to predict positive experiences.

The sights, sounds and smells of nature can energize you

You can leverage these benefits by getting into nature and focusing on its physical aspects—shapes, smells, sounds, textures and sights (referred to as “form” by researchers). Enjoy the shape of the mountains or feel the breeze in your hair. Take in the scent of flowers or of the ocean. Do this as part of your leisure activities or when you’re taking time out between meetings. You can also leverage nature by exercising outside—whether you take a relaxing stroll or train for a marathon.

The bottom line is more nature is better—and making nature a part of your day or week will contribute to both your mental and physical wellbeing.

Connectedness and Belonging

Another significant benefit of nature, according to the study, is based on a greater sense of community. Feeling part of a group and a sense of belonging are critical to wellbeing—and these are among the most important ways nature nurtures people.



Isolation and loneliness are at all-time highs, and these translate to depression, anxiety and mental health issues. People have removed friction from their lives and increased convenience—with regular deliveries which remove the experience of chatting with the check-out person, apps which replace interaction with the barista or work from home which reduces side conversations or bonding between meetings. But it turns out moments of superficial interactions contribute to happiness and wellbeing—and deeper opportunities for connection do as well. Whether people are introverts or extroverts, some amount of connection is necessary and fundamental to all kinds of health.

Nature creates the opportunity for community and togetherness, dubbed “cultural practices” by scientists. You can make nature part of your positive experience by tapping into times for playing together outside with a child, picnicking with your group or gathering to pull weeds at the community garden—anything in which nature draws you together with others.

Use nature as a catalyst for all kinds of interaction—from meditation time in the park with friends on a weekend to suggesting a walking meeting with a colleague. Nature can fuel connections and both nature and community are linked with wellbeing more generally.



Learning

Perhaps most surprisingly, nature is also linked with wellbeing because it tends to motivate learning and the development of new capabilities. Scientists call these “intellectual practices” based on nature. When you interact with others to research nature or learn about it, or when you think about ecosystems or explore them with others, these contribute to your wellbeing.

Learning is correlated with happiness, according to many studies, including this one, in particular from San Francisco State University. In addition, research at the University of California Davis finds curiosity is beneficial because it contributes to openness and fulfillment—so when nature motivates learning, it’s powerfully positive.

Use nature as a springboard for your curiosity and learning. Wander in the woods and wonder about the ways trees remain resilient. Spend time on a mountaintop and be curious about the impact of perspective on problem solving. Contribute to your company’s ESG efforts or volunteer for a project in which you seek innovations which are inspired by the way nature solves problem.

In Sum

One of the benefits of the last couple years has been an increased awareness of the importance of holistic wellbeing. Work can be a source of joy, and plenty of other experiences are part of a great life experience as well. Whether it’s part of your workday or part of your time away from work tasks, nature can nurture your sense of wonder, your feelings of belonging and your brilliance—so get out there and seek as much time in nature as you can, now and in every season.

II. How Nature Therapy Helps Your Mental Health

What Is Nature Therapy?

Nature therapy, which is also called ecotherapy, is based on the concept of using nature to help us heal, especially psychologically. Instead of spending time enjoying and benefiting from the natural environment, we are spending more and more time on screens and online.



We do not spend time outside as much as we did before to decompress, let off steam, or recharge. We may no longer bike through a meadow or play games at the lake, for example, as we did when we were children.

We've replaced those leisurely activities with more time spent on social media and video games. The ramifications are we are a stressed-out society with a variety of mental health maladies.

Green and Blue Therapy

You might hear nature therapy called "green care," "green exercise," or "green therapy." That is because its powerful benefit lies in spending time in green spaces.

But nature therapy also includes time spent near soothing blue oceans, blue rivers, and blue lakes. Being near aquatic environments has a psychologically restorative effect. It puts us in good moods. The color blue also represents calm and tranquility.

The Blue Health project is an organization that has conducted studies about the relationship between blue spaces and health in 18 countries across Europe. After surveying 18,000 people, researchers discovered that people feel better being near waterways.

In fact, evidence showed a positive association between more exposure to outdoor blue spaces and health, particularly in terms of benefits to mental health and well-being.¹ So, researchers have expanded their notion of ecotherapy to include blue spaces as well.

Nature Therapy's Various Approaches

A host of nature-based therapeutic programs are available to you. There are relaxed approaches like gardening in the backyard, walking in a field of flowers, or floating on a tube in the river.



Nature therapy or ecotherapy can also encompass activities or therapies in which you are formally guided by therapists and trained leaders, too.

Here are some more formalized types of nature therapies:

Farming-related therapy, which could involve working with crops, often in a community

Animal-assisted therapy, which might consist of playing with or training horses or dogs

Adventure therapy, which may feature white water rafting or rock climbing

Wilderness therapy, which often helps groups of teens and young adults with behavioral issues

Forest therapy, also called forest bathing, is a mindful practice in which you use your five senses as you walk through a forest

The Benefits of Being in Nature

What science is showing is that we can reap the healing powers of Mother Nature and gain a host of mental health benefits. The question is are we partaking in what might be an easy, cost-effective solution to our problems?

The latest research in psychology is furthering our knowledge about how spending time in nature is a low-cost and highly effective way to improve various aspects of our psychological wellness.

Increased Happiness

Many books and articles have been published about how to boost happiness. One proven way is by spending more time in nature.

In his study, published in *Science Advances*, Bratman and his colleagues found evidence that contact with nature is associated with many benefits including increases in happiness, a sense of well-being, positive social interactions, and a feeling of meaningfulness in life.

Decreased Anxiety, Stress and Depression

The study compared those in urban areas with those in natural environments. What it also revealed was how little time it took to impact these students.

It showed that by spending a minimum of 10 minutes, either sitting or walking in a wide range of natural settings, there was a significant and beneficial impact on the participants' mental health. Scientists used key psychological and physiological markers to measure this.

Uptick in Cognitive Benefits

Our mind likes it when we spend time in nature. We have better focus, which is also described as sharpened cognition. Another recent study showed that our exposure to natural environments is good for our brain.⁴ It improves performance on our working memory, cognitive flexibility, and attentional-control tasks.

How to Bring Nature Indoors

Due to socio-economic reasons, not every group has easy access to green or blue spaces. Furthermore, during inclement weather and cold winter months, even those with the means might not choose to luxuriate in nature. The appeal of a stroll by a river or hike through a nature reserve may not be there.



If you have limited time or access, perhaps an intense work schedule, or are just not comfortable spending prolonged periods of time in the cold, you can still access nature conveniently.

How do we bring nature's benefits inside when we are confined to our homes and workplaces? Here are some easy ways:

Add plants. They not only remove toxins from the air, but research shows that people who spend time around plants have more concern, empathy, and compassion toward others as well as improved relationships.

Decorate with paintings or photographs of nature. Choose pretty landscapes, lush gardens, or natural scenes. In yet another study about the health benefits of nature, researchers found that viewing lovely green scenes resulted in the participants having lower stress levels.

Use soundscapes and download apps of soothing nature sounds. Don't underestimate the power of listening to a waterfall or the sound of rain. The result isn't just enhanced relaxation and a sense of chilling out. Results also include attention restoration and better cognitive performance. In one particular study published in *Psychonomic Bulletin & Review* participants who listened to nature's sounds, specifically that of the ocean's waves and chirping crickets, performed better on tests than their counterparts who listened to urban sounds like traffic and car horns.

III. Ways to Incorporate Nature into your Daily Life

While getting you outdoors with your kids is our main mission, we are also parents and know that's not always easy or possible. Sometimes weather, work, illness, injuries, lack of daylight, chores or other circumstances keep us from getting outside

as much as we want (or at all). In those instances, there are tons of ways you can bring the outdoors in.

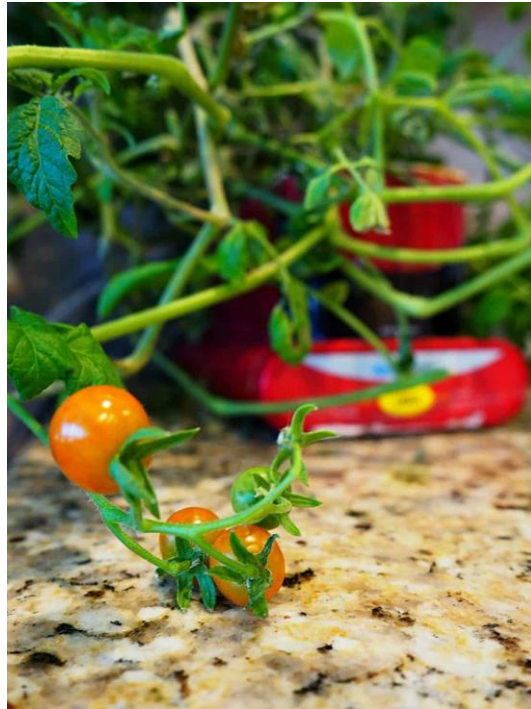
Getting out can be difficult

This past winter began with the best intentions of spending lots of time outside and doing lots of outdoor exploration. We were excited to bear witness to the changes that happen during the cold season. We love learning about creatures and wintertime habitats as they survive the cold temperatures. Watching the sky colors change, catching snowflakes, and sliding about on frozen paths were all on our winter bucket list. There is so much beauty and wonder in our world during the winter season.

However, as the winter passed, we also began to feel it's brutality. Record-breaking lows, piles and piles of snow, slippery ice, power outages, school closures, early darkness and dangerous road conditions kept us inside more than we expected. As beautiful as the winter can be, it can also feel isolating and dreary.

We faced one polar vortex after another. The negative temperatures and brutal conditions halted our winter outdoor play. Even after properly bundling up, sometimes it was just too much for the kids to endure and enjoy.

This is also the time when seasonal depression can set in. We can feel trapped in our own homes and hopeless in winter. We crave sun, warmth, and the reawakening that spring brings. Kids feel this, too. After the initial appeal of sensory bins, indoor tea parties, new holiday toys, living room obstacle courses, dance parties, and basement forts has worn off, we just want to get back outside and into nature. We desperately want to hike, camp, fish, garden, swim, and enjoy the beauty of our outdoor world.



Incorporating nature into your life

I've found that there are many ways to combat the wintertime woes, which can also be used year-round to improve your mood and mindset. Incorporating more nature and natural elements into our daily rhythm has been therapeutic and rejuvenating. Bringing bits of the outdoors into your "indoor life" is a great way to stay connected to all the beautiful things nature provides. These elements reduce stress, relieve anxiety and refocus your attention when it's not practical or possible to get outside. By incorporating these ideas into your daily life and routine, you can keep a healthy, positive outdoor mindset year-round.

Here are a few small things you can do to incorporate nature into your daily indoor life.



1. Sprinkle plants in every room

Bringing more plants into your home is a great way to incorporate nature into your life. Pick out a selection of plants that are easy to grow indoors. Consider where you'll place them in your home and how much sunlight they'll get. Make taking care of the plants a family-centered activity.

Let your children choose plants for their bedrooms and let them be responsible for their own plants. Feeling ambitious, try growing an avocado from a seed. Adding plants throughout your home is such a fun hobby and a great way to get your kids involved. Plus, plants help reduce the number of airborne pollutants in your home, so it's a win for everyone!



2. Choose natural items as decor

Another way to incorporate nature into your home is to use natural items as home decor. When choosing storage bins, accessories, and colors for your interiors, consider choosing natural-made or natural-looking items. Select a color palette inspired by your favorite garden or landscape.

White and grey stone pair well in minimalist settings. Wood furnishings can be dressed up or down to suit any theme. Taupe, tan and camel are trendy neutral beachy colors that pair well with nature-inspired wall coverings or rugs. Incorporate decorative items made from wood, stone, antlers, branches/stumps, driftwood, pebbles or other textures found in nature. Paint a mural of trees or frame pressed flowers. Buy wicker baskets for storage and shelves.



3. Natural scents

You can also bring the smell of nature into your home. You can find candles, wax melters, diffusers, and sprays in many natural scents like pine, rain, fresh cut grass, citrus, oregano, lavender or lilac. There are so many different applications to bring scents into your home to excite your sense of smell and fill your space with something fresh and natural.



4. Nature journaling

Nature journaling is a great hobby that you can do both in and outdoors with a focus on nature's fine details. Gather a quality-made journal, pens, colored pencils, and

some watercolors. Or just some scrap paper and your kids' crayons! No need to be fancy. Take your time and draw nature. You can draw what you see, copy from a photo or sketch from memory. If you need extra inspiration, go sit in a forest and journal about every detail. If you can't draw, find a nature-themed coloring book – there are great ones for both kids and adults. Getting creative by practicing this stress-relieving form of expression is a great way to unwind with nature.

5. Indoor Herb Gardens

Incorporate nature into your life by bringing the garden indoors. You might be surprised to know how easy it is to grow edible plants in your home. All year! Simple clay pots of herbs next to a window are always a good place to start. Basil is an easy choice and will provide lots of yummy leaves for salads, pesto, pastas, and more. Turn your countertop or windowsill into a small garden with pots of your favorite herbs such as rosemary, mint, and thyme.

You can also regrow some vegetables from kitchen scraps. Try your green thumb on regrowing celery stalks, green onions and romaine hearts from leftovers. Countertop hydroponics gardens are another neat way to garden indoors. It's easier than you think to grow everything you need to make your own salsas, salads, and more inside your home!



6. Edible flowers and fresh herbs

Another way to bring the outdoors in is to opt for edible fresh flowers and herbs to garnish and cook with. You can do this easily by freezing them directly into ice cubes to add to your drinks. You can cut up herbs and flowers and use them to brighten up a salad or garnish a plate. Adding these bright bites into your daily meals

will not only please your palate but give you a boost of antioxidants and vitamins. You can grow your own (see above) or find them at a natural grocer or your local farmer's market.

7. Soundscapes

Tap into your auditory sense by bringing the sound of the outdoors inside. Create a nature-themed playlist that you can listen to at home, in the office, or on your commute to work. Nature has its own music – ocean/wave sounds, gentle rain, whale songs, thunderstorms, bird calls or a crackling campfire. Close your eyes, listen carefully and connect yourself to the sound of nature for instant relaxation and stress-relief.

Kids really enjoy these sounds, too and you can incorporate them into so many daily activities. Next time you're playing with your kids, turn on the playlist and see how they react. Pretend you're SCUBA diving while listening to whale sounds. Or hide out in a blanket fort in the basement while listening to a thunderstorm track. The meditating and playtime possibilities are endless.



8. Scroll nature

If you're going to be online, incorporate nature into your media by following accounts and pages that share amazing shots and videos of nature, wildlife and outdoor activities. Consider this time as research to get inspired by new adventures and activities when you get back out there. Relax by looking at photos of the depths of the oceans, wildlife in the deserts, or camping under the stars. Overload your feed with all things nature. Stay connected with local farmers, garden shops, florists, and state parks. Find online nature-based communities and become involved – this is a great way to also meet other like-minded parents in your area and make new friends. Incorporating nature into screen time is a great escape to beautiful places and a nice break from the daily grind.



9. Nature studies

Find a good nature study book or nature-based curriculum and follow along with the activities to learn new things about the outdoors. Set up a bird feeder outside your window and place a bird guide and binoculars next to it for easy access. Read about wildlife habitats, local flora and fauna, and study trail maps for hikes you'd like to go on. Learning about nature can be done through books when being outside to study isn't possible. Learn about the plants that grow in your area and identify the trees in your neighborhood. Review animal track guide to figure out who made those footprints in your yard. There are so many ways to study nature on a daily basis that will inspire many adventures to come.



IV. A Clean and Tidy Home Can Boost Your Mental Health—Here's Where to Start

Some symptoms of depression are well known: lethargy, a loss of interest in things you once found enjoyable (known as anhedonia), hopelessness, and deep sadness. But there are other depression warning signs you may not be aware of: stacks of dirty dishes in the sink; a towering pile of unfolded laundry that you washed days ago; boxes, wrappers, and bags dotting the disheveled landscape of your home.

We're all prone to messy moments, but when intense disorganization is accompanied by symptoms of high stress, anxiety, burnout, or depression, it's often an indicator that you may be struggling with your mental health.

The Proven Link Between Home and Mental Health

Mental health struggles, like depression, interfere with levels of motivation, energy, and interest.

It's no wonder that less-than-ideal mental well-being can often lead to unorganized surroundings. According to the *DSM-5*, the handbook that mental health professionals use to guide their diagnoses, the criteria for depression include a diminished motivation and interest in activities, a slow-down of physical movement, loss of energy, and indecisiveness—all things that usually come in handy in order to keep your home clean and organized.

Clutter can make it more difficult for you to enjoy a space.

Scientific studies frequently find correlations between mental wellness and clutter. For example, one 2016 study from the University of New Mexico found that clutter directly interfered with the participants' ability to feel pleasure in a space.



Disarray at home is associated with higher stress levels.

The tricky part is, if you're grappling with your mental well-being, but still desire a clean, organized home, you may, unfortunately, find yourself trapped in a vicious cycle, something Natalie Christine Dattilo, PhD, clinical health psychologist and

instructor of psychiatry at Harvard Medical School, believes is a common chicken-or-egg dilemma.

"Recent studies have shown that clutter in our homes is associated with higher cortisol levels [our stress hormone], but it's still unclear which comes first," she says. "Is it that when we are under stress, our ability to maintain a well-organized home becomes impaired? Or when our home is in disarray, does that make us feel more stressed, overwhelmed, and anxious?"

She believes it's a combination of both—high stress prevents us from organizing our homes, but the clutter itself can also lead to stress.

Disorganization can affect relationships and other lifestyle factors, causing a negative snowball effect.

Shira Gill, organizing expert and author of *Minimalista*, thinks clutter goes even further than taking an emotional toll on your mind, indirectly affecting other areas of our lives. She says clutter can additionally lead to relationship strains, along with financial stressors, which can include late fees on lost bills and overspending by buying duplicates. Clutter can also distract you from focusing on other priorities.

The Positive Benefits of a Clean, Organized Home

Experts agree that tidy, organized spaces can improve mental health. Gill says that a well-edited home can create "a whole cascade of mental health benefits," which can include a sense of clarity and control, an improved quality of life, a boosted sense of confidence, an increase in productivity, and a more tranquil atmosphere.



But whether you're dealing with a mental health condition or not, organization takes time and commitment. It's just more difficult when you finally get yourself out of bed and you're faced with a choice: shower or fold laundry? Cleaning may feel like a superhuman effort, but know that even if it's simply putting a dish away, it can pay off in big ways for your psyche.

"Decluttering requires decision-making, emotion regulation, prioritization, and patience," Dattilo says. "We receive important cues about how we're doing by what we're doing, and when we maintain an organized home, we reinforce the message that we are worth the time, effort, and practice it takes to live in a cared-for and curated space. In the same way that a cluttered space can make us feel overwhelmed and anxious, a well-organized and tidy space can make us feel calm and safe."

How to Get Organized—Especially if You're Unmotivated

Break every cleaning task into (much) smaller tasks.

Even if you don't wrestle with more serious anxiety or depression, the undertaking of tidying an entire room or bursting closet can be extremely overwhelming, Dattilo points out. Make your clean-up goals as small and doable as possible—and completely let go of perfection and all-or-nothing thinking. Try breaking up each cleaning job into small (smaller!) chunks by reducing its size or scope. Dattilo recommends "setting yourself up for success by starting with a drawer, a bookshelf, or the kitchen pantry."

Befriend your timer.

Another fantastic way to make cleaning and organizing to-dos less daunting is to set a timer and stop cleaning the second it's up. Try Gill's "15-minute win" trick.

"Set a timer for 15 minutes and knock out a single drawer," she says. "When you successfully tackle one shelf, clear a surface, or edit a single drawer, you'll start to see yourself as someone capable of getting organized, and gain the energy and momentum to keep going, one small project at a time."

V. Positive Mental Health Effects Of Cleaning

In today's hustle-bustle lifestyle, people are heading towards meditation, mindfulness activities and massages to reduce stress and boost their mental health. While these are some of the great ways to overcome the anxiety level, many also prefer performing house cleaning chores.



Removing dust from hard surfaces, wiping down the kitchen countertop and de-cluttering the floor, etc gives them peace of mind and positively impacts their mental health.

Entering a clean and organised home after a long hectic day can promote a positive mood and lead to a stress-free life. Creating a cleaning schedule and keeping your abode sparkling clean is good.

Make sure you hire professionals for a budget-friendly end of lease cleaning Adelaide if you are at the end of your tenancy and concerned about your hard-earned bond money.

However, if you want a peaceful, relaxed and happy life in Adelaide, you need to understand the correlation between cleaning and mental health.

Here are critical mental health benefits of cleaning and tips to incorporate a cleaning routine into your busy life:

Positive Mental Health Effects Of Cleaning

Believe it or not! There are tonnes of mental as well as physical health benefits of cleaning. It can improve your mood and provide you with a sense of happiness and satisfaction. Some of the key benefits are:

1. Removing the Mess De-clutters Your Mind

According to some experts, cluttering or de-cluttering may be associated with mental health. The clutter around your home can lead to anxiety and depression.

Women with messy homes were more anxious than those who regularly cleaned and de-cluttered their homes. They are more relaxed and restorative. Researchers also discovered that women with cluttered homes had higher cortisol levels. This can also lead to confusion and affects your concentration abilities.

So, de-cluttering a home regularly can keep your mind fresh and give you more reasons to stay relaxed and happy. Take one room at a time and get rid of unnecessary stuff.

Remove toys, magazines, newspapers, piles of clothes, and books from tables and floors and put them in designated places. This will also reduce your cleaning hours and make your house look spacious.

2. Cleaning Can Improve Your Physical Health

People with neat and clean homes are happier than those with cluttered and dirty homes. A Healthy and hygienic indoor environment keeps you from unwanted diseases and allergies and allows you to lead a happy, healthy, active life.



Plus, performing certain housekeeping chores, such as sweeping, mopping, etc will keep you fit and also helps you shed some extra pounds if you are overweight or obese.

3. Increases Your Concentration Level

Undoubtedly, a cluttered home, stained walls or dirty carpets can make your home look messy, impacting your concentration level. Clutter simply restricts the ability of your brain to process things and information.

People tend to stay calm, composed and less distracted when they have a clean abode. If you are facing problems due to a lack of concentration, look around your home and get rid of clutter as quickly as possible.

Getting rid of unwanted items help you ensure a clean and spacious home, which boosts your focus and keeps your mental health stable.

4. Promotes Good Mood

Apart from reducing or alleviating anxiety, a clean and organised home keeps you relaxed and happy. This can uplift your mood and keeps you energetic all day long.

When you mop the floor regularly or see no dishes in the sink, it will improve your mood, which is good for your mental health. If you want to save cleaning hours, make sure you learn the right cleaning order for sparkling results.

If you are a tenant and prepping your rental property, make sure you book trained end of lease cleaners in Adelaide for a stress-free rental inspection experience.

5. Improves Quality of Sleep

Studies have also found that clean bed sheets and clutter-free bedrooms can lead to quality sleep at night. When you get more rest on time, it uplifts your mood and positively impacts your mental health.



Tips To Keep Your Home Clutter-Free And Clean

Here are some quick tips that will help you incorporate a house cleaning schedule into your hectic lifestyle:

- Start with small cleaning tasks and do just a little bit every day.
- Take one room at a time.
- Remove dust from top to bottom. For example: Start with your ceiling fans and move towards windows, blinds, picture frames and carpets.
- Set a timer and find out how much cleaning you can perform in 30 minutes.
- Involve your spouse and kids in the house cleaning chores
- Remove common household stains using safe products
- Hire professional house cleaners in Adelaide on a weekly, fortnightly and monthly basis.

These are the positive mental health effects when you keep your beautiful abode clean, clutter-free and germ-free. It is important to take time out of your busy schedule and spruce up your home.

Book the best people for a detailed end of lease cleaning Adelaide and pass the rental inspection if you are at the end of your lease and want your full bond back. This will also give you peace of mind and happiness which is good for your mental health.

CONCLUSION

While more of us than ever are living in big, overpopulated cities, our exposure to nature is dwindling. This is why biophilia has become a trend in the interior design sphere— we're creating ways to bring nature into our home so we can reap the calming, soothing benefits that being amongst nature can bring.

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