



BLUEPRINT FOR BLISS

THE SCIENCE OF CREATING

a Well-organised Home



BY IVANKA SIOLKOWSKY

Abstract

Getting organised is more important than you think. Below are all the reasons and tips to organise your home based on science.



Getting Started

If your home is a mess and you've been living like that for a while now, it might be hard to understand why you should even do something about it. If anything, it might seem time-consuming!

And you don't have time, right? That's not exactly true and I'll explain why later in this article.

Some of the reasons are purely based on scientific research, others – pure common sense. So, dive in, and, who knows, you might change your mind.

I. Reasons You Should Stay Organised Based on Science

1. Helps to Stay Focused

Researchers at The Princeton University Neuroscience Institute conducted that staying organised helps you to stay focused. Here is the study.

The reason why is very simple and relates mostly to how our brains work. The clutter limits your brain's ability to focus.



I think in many ways it's similar to multitasking. If you're cooking and learning something at the same time, you're not going to absorb the information the way you would if you just sat in front of the computer and used all your attention for that.

Clutter introduces an annoying stimulus that doesn't quite let you pay attention to what's important. Just imagine having a desk full of stuff and an empty one.

On an empty desk, all you can see is a computer, so you won't start wandering around with your thoughts and thinking about anything else.

On the other hand, if your desk lacks organisation, you might let your mind wander each time you're doing something that you might not necessarily like. We all have tasks that simply need to be done!

And trust me, when you run into such tasks, all of the sudden, everything that's on your table requires attention. I'm talking about dirty dishes, notes from yesterday, trash, etc.

2. Relieves Stress

Here is another interesting research. In the study, women who described their homes as "cluttered" were more likely to feel low on energy and depressed.

What's more interesting is that those women also had higher stress hormone (cortisol) levels. So, next time you're stressed out, clean up, organize your home a little bit.

You never know, it might actually be the reason why you're feeling low on energy. Obviously, we all have problems that might cause anxiety and stress but clean home might keep you a bit saner.

3. Saves You Time

While taking that step towards a more organised home can be time-consuming. The truth is, you're probably going to save loads of time later on.

Just think about how much time you waste searching for the food product you think you need for a recipe but not sure you have it. How many times have you tried to find that second sock that just seems to disappear all the time?

What about trying to figure out what you're going to wear today? Oh, and getting all the work done on top of that?

Truly, something as simple as having your fridge organised and keeping your office space free of clutter can be life-changing.

4. Improves Your Overall Health

The truth is, staying organised whether it's at your home or at work, can significantly improve your health. Having an organised schedule with goals in mind can help you to eat healthier, stay in shape, and lose weight.

And that's not just me who says. A study in the Journal of Obesity proves just that. So, meal prep your low carb lunches for work and start eating healthier this way.

An interesting survey here also shows that people who make their beds in the morning also tend to have better sleep quality.

5. Saves You Money

Start a bullet journal and you'll notice how much you spend within days. Spend too much?

Well, now you'll have the numbers right in front of your face. Why is it useful?

You'll be able to make better shopping decisions next time. When you know how much you've spent exactly that month, you'll know how much you can actually spend.

It's so easy to get out of control with our shopping when we have no idea how much we've spent already. So, if you're on a tight budget, start a bullet journal or just an excel sheet.

6. Makes You More Productive

I've briefly mentioned that before but staying organised does make you productive. First, you save time because you no longer need to spend ages searching for the documents or files you need.

Also, it helps you to stay focused. And, that's very important when it comes to really improve your productivity and getting more work done.

I, personally, have started a work schedule where I write down how much I want to achieve that month. With it, each month I'm getting more and more work done.

Just to give you an example, I've written 18 articles last month. Yes, that's right 18 articles in 30 days. Pretty good, isn't it?

The month before, I've barely squeezed out 9. So, definitely stay more organised with your time and you'll become so much more productive.

Seeing how much you haven't done encourages you to do more. That's for sure!



7. Improves Your Work and Personal Relationships

While planning the months out can be great for workplaces and staying in tune with your colleagues, it can also improve relationships. Something as simple as planning out dates ahead of time with your partner can spice up the relationship.

Also, when you have better control of your time, you're less likely to be late to work, to dates or meetings. The truth is, nobody likes waiting, and if you make someone wait, you might as well ruin the relationship with that person.

8. Introduces a Sense of Achievement into Your Life

Let's be honest, most of us live regular lives. We don't often get a chance to compete with others or join a contest.

There are no grades nor other ways to really get that sense of achievement. However, if you start logging your goals, even the smallest ones, writing them down can help.

There is nothing more satisfying than ticking off an achievement or a task done!

9. Saves You Energy

There are days when we just don't feel like doing anything. Sometimes, all we need is to incorporate a different activity into our routine.

Or change the environment a little bit. Next time you feel low on energy, organize your desk, clean up your room, and watch all that energy come back to you.

All of a sudden you'll have the motivation to work or take up a new hobby!

10. Keeps You Fit and Lowers Risk of Cardiovascular Diseases

Having weekly cleaning chores will keep you active even at home. Moving around, instead of sitting down, can significantly affect your cardiovascular health.

In fact, research shows that the condition of your home is more likely to affect your fitness levels. Why?

While many might choose not to go outside for a walk, they're most likely going to clean their house. So, the more things you have to do at home, the better!

Thus, don't be afraid to stay organized, clean the home up a little bit more, and enjoy the overall health benefits.

II. Why Are We So Obsessed With Organising? The Psychological Influences Behind Tidying Up

There's good reason many people feel so good when your space is tidy—and why some don't.

Organisation is everywhere. Even if it isn't in your own home (yet), we see it on social media, read about it in books, and watch it on Netflix. We are constantly being told by society that organisation is the key to a good life, and we eat it right up.

So why are we so obsessed with Organising?



It turns out there's a lot of psychology at play. "Humans are naturally inclined to find comfort in the predictable," says Dr. Bethany Cook, a licensed clinical psychologist in Chicago. If something is predictable, it's safe. And while this is literally true in the animal kingdom (where predictability could mean life or death), it also applies within the context of our homes today, manifesting through the concept of organisation. "Organising your living space means you know where things are without searching, and this feels safe," says Dr. Cook.

"When our thoughts feel muddled, Organising our physical surroundings gives a sense of control"

But safety is only the beginning. Perhaps more importantly—at least in contemporary society, when we're not usually worried about being eaten by a predator—organisation gives us a sense of control, not just of our physical space, but of our thoughts and emotions, too.

"The act of Organising can serve as a physical outlet for what sometimes feels unorganised or chaotic in the mind," says Rebecca Phillips, a Texas-based licensed professional counselor at Mend Modern Therapy. "When our

thoughts feel muddled, the act of Organising our physical surroundings can help us to feel a semblance of control.”

And control feeds into other positive results, such as a sense of accomplishment when you’ve put everything in its place. “When we organize and sort through our stuff, it can result in several experiences that can make us feel good, like feeling nostalgia as you rediscover a forgotten yet cherished item,” says Dr. Cook. “Or throwing away or donating things you no longer need frees up space and feels good.”

There’s a physical benefit to being organised, too. “Studies have shown that it’s more difficult for a person to focus when their visual cortex is overstimulated. As such, when the space is organised, it doesn’t deplete an individual’s energy level just to concentrate,” says Dr. Cook.



Rather unsurprisingly, society’s collective desire for control through organisation took off during the pandemic, when so many things felt chaotic and uncontrollable—and while we were all stuck at home. “Many spaces felt too small, too big, too cluttered, or shared by too many people,” says Phillips. “Organising one’s space was one thing that could be done in a situation where many felt a lack of control coupled with feeling trapped.”

But our obsession with organisation started long before COVID-19 entered the scene. Case in point: the celebrity status of pro-organizer Marie Kondo. After Kondo's first book, *The Life-Changing Magic of Tidying Up*, reached the United States in 2014, people across the country took to her organisation methodology.

"Her technique is unlike any other self-help for organisation that's ever existed because it's built on a joy-forward premise. Keep what brings you joy. Look for what brings you joy. That's a concept!" says Dr. Dena DiNardo, a clinical psychologist in Philadelphia, who's an adjunct professor at the University of Pennsylvania. "The positive mission inspires—here's how to have more joy in your life. The negative mission shames—you have too much stuff, what is wrong with you?"

Kondo also provides a solid foil to other celebrity figures who have much louder presences. "In a world where we regularly experience the high energy of YouTubers, motivational speakers, and TV personalities, the warm and gentle presence of Marie Kondo can be a pleasant disruption," says Dr. DiNardo. "She's provided a permission slip to slow down and be present while also being productive. It's a win-win."

"Not everyone prefers an organised lifestyle, and that is just fine."

But for all the positives that come with organisation, being obsessed with tidying up can go too far. "Organisation can be an illusion that we have our life together, when in reality there are big issues just underneath the surface," says Natalie Capano, a licensed psychotherapist at Cobb Psychotherapy in New York. "Some people believe that their home represents their life, so if their pantry is perfect, their relationships must be, too."



An organisation obsession can even become a true addiction—especially for individuals who had difficult upbringings in which they had very little control as children—which can create deep issues with your relationships in adulthood. “When you start sacrificing your mental health at the expense of a tidy home, you’ve gone too far,” says Dr. Cook. “Are you yelling at your young kids because they did what kids do and made a mess? Are your relationships, work, or hobbies suffering because you spend so much time tidying?”

For those with obsessive-compulsive disorder (OCD) or obsessive-compulsive personality disorder (OCPD), Organising can actually exacerbate their symptoms. “It can be a slippery slope for some,” says Phillips.

Then there are those who don’t actually derive any sort of pleasure from being organised at all, whether as a result of trauma, neurodiversity, or simply a matter of preference. “Not everyone prefers an organised lifestyle, and that is just fine,” says Capano. “Organised chaos works for some people, and this can feel as good to them as a neat and orderly space can feel to others.”

As with most everything in the home—trends aside, it should come down to what makes you happy.

If you do want to get organised, click through below for solutions for every room of the house.

III. The Scientific Reason Why Cleaning and Organising Is Good for You

Organising your space doesn't just feel good—it does your body good, too. Here's the reason cleaning is good for your health.



It's hard to describe the immense peace that I feel after a simple organisation project like cleaning out the pantry. As author and happiness expert Gretchen Rubin says, "outer order contributes to inner calm." We all know that feeling of finally accomplishing a cleaning task that you've been putting off for weeks (or months, we don't judge).

It turns out that Organising your space doesn't just feel good but may actually be good for your physical and emotional health, too. Whether you're looking to freshen up your kitchen with a few tweaks or plan on going full-on Home Edit with labeled clear bins everywhere, it's worth spending the time to organize this weekend.

What the Experts Say

Research shows that physical clutter creates several stimuli for your brain, making it hard to focus on the task at hand. Because of this, cleaning and Organising have been linked to decreased feelings of anxiety. Seeing clutter around you can be draining. Every unfiled piece of paper and item of clothing on the floor is a tiny taskmaster reminding you of everything you still need to accomplish. Taking time to clean and organize your space can give you some much-needed mental peace. Working in a clean space can help you to focus and be more efficient.

Organising can also give you a sense of control. Studies show that the more sense of control you have at work, the more satisfied and less stressed you feel in your job. If you're currently working from home, this could look like setting up a designated office space or hanging a do not disturb sign on your bedroom door.

Are There Health Benefits?

Organising your home and schedule can lead to healthier choices. Research shows that planning out your schedule ahead of time and scheduling workouts helps with sticking to a regular exercise routine. Having an organised plan helps you to see your progress and small wins, which acts as a motivator to keep going.

A 2013 study found that physical order is strongly linked with healthier choices. When study participants were placed in either a messy or clean room, the ones in the clean room chose healthier snacks and were even more generous than the participants in the messy room.

If you're not sure where to start, try Organising your fridge. It's a job that can be accomplished in less than an hour and will give you a major win under your belt. It may even motivate you to tackle the rest of the kitchen. Clutter beware!

IV. The Connection Between Decluttering, Cleaning, and Mental Health

When some people are feeling overwhelmed or stressed out, they might try yoga, mindfulness, or even a massage, but for others giving the shelves a quick dust, wiping down the kitchen, or even Organising the closet is just as beneficial for their mental health as using a mindfulness app.



In fact, for some people the simple sight of a clean and organised home can help them unwind and de-stress even after an overwhelming day.

Here's a closer look at the impact of cleaning on your mental health, including the benefits of cleaning and how to incorporate a cleaning schedule into your life.

✚ Negative Impact of Clutter and Mess

Keeping your home clean and engaging in the cleaning process is good for you. In fact, research shows that cleaning—or the lack of cleaning—can have a direct impact on mental health.

Clutter May Contribute to Depression

For instance, a study published in "Personality and Social Psychology Bulletin," found that women who described their living spaces as cluttered or full of unfinished projects were more likely to be fatigued and depressed than

women who described their homes as restful and restorative.¹ Researchers also found that the women with messy or cluttered homes had higher levels of cortisol.

Clutter May Lead to Decreased Focus, Confusion, and Tension

In some ways, clutter and mess is linked to negative emotions like confusion, tension, and irritability while an organised home tends to produce more positive emotions like calmness and a sense of well-being.

To the brain, clutter represents unfinished business and this lack of completeness can be highly stressful for some people. This fact is especially true when people have significant concerns pressing in on their lives.

Clutter and mess can create more stress and anxiety, but by cleaning, Organising, and reducing the clutter, people are able to take control of their environment and create a more relaxing environment that helps them focus better on the more pressing issues in their lives.

Benefits of Cleaning and Decluttering

Research has found that cleaning can have a number of positive effects on your mental health. For instance, it helps you gain a sense of control over your environment and engage your mind in a repetitive activity that can have a calming effect.

It also has been found to improve a person's mood as well as provide a sense of accomplishment and satisfaction. There are a number of reasons why cleaning can help you destress. Here's an overview of some of the benefits of cleaning and decluttering your home or office.

Cleaning Can Benefit Physical Health

A clean home also impacts your physical health. According to a study by NiCole Keith, PhD, a research scientist and professor at Indiana University, people with clean houses tend to be healthier than those with messy or cluttered homes.

In fact, cleanliness was even more a predictor of good health than the walkability of a neighborhood.



Gain Control of Your Environment

When people feel like their life is out of control or they are struggling with some uncertainties, cleaning can be a way to assert some control in their life. Cleaning gives people a sense of mastery and control over their environment.

Improve Your Mood

Aside from the benefits of having a cleaner home, the relationship between a clean house and mental health can help you reduce your anxiety.

Increase Your Focus

When your home is cluttered, messy, or exceptionally dirty, the chaos that the mess creates can impact your ability to focus. The clutter also limits your brain's ability to process information. In fact, researchers have discovered that people are less irritable, less distracted, more productive, and better able to process information with an uncluttered and organised work area.

🧹 How to Incorporate Cleaning Into Your Life

Whether you are struggling with depression, have a new baby, or just have a chaotic life, the concept of cleaning and decluttering can seem like an overwhelming task that is simply outside of your reach right now. In fact, many people wrestle with whether or not cleaning should be a priority.

But, knowing that having a cleaner environment will help improve your mood and make your life more peaceful, it might be worth pursuing. Here are some ideas on how to incorporate cleaning into your life.

Start Small

Most people put off cleaning because the task seems way too big to tackle. But instead of expecting to get the entire house into order in one weekend, start small and do just a little bit each day. In other words, commit to doing one thing around your house or apartment each day and before you know it, your environment will be much cleaner and less stressful in no time.

For instance, pick one thing you want to do each day and then follow through. One day you might go through all of your mail. The next day you might clean the toilet and wash the bathroom sink. The next day you might clean off the kitchen counter, and the next day you might pick up all the clothes scattered around the house and put them in a laundry basket.

The key is that you don't make your to-do list bigger than what you can mentally handle or you will just increase your stress rather than reduce it.

Set a Timer

Another option for getting a cleaning routine started is to set a timer and see how much cleaning you can get done in that time period. Or, you can use the time blocking method for scheduling to manage your cleaning.

For example, set aside 15, 20, or even 30 minutes to clean, set a timer, and then start in the primary living area of your home. Start by picking up things that are lying on the floor or on the coffee table and put them away. When the timer goes off, you are done for the day.

If you would prefer, you could start in a bedroom, instead of the living area. This way, your cleaning will help you create a more peaceful environment that will help you sleep better that night.

Even though setting a time for a few minutes may not seem like much time, you can accomplish a lot more than you might imagine. Plus, you aren't overwhelming yourself by thinking that you have to devote three hours of your Saturday to cleaning. You get what you can done and then you move on to something else.

Involve Others

Sometimes you are at a point in your life where cleaning is just not something you can handle on your own. Maybe you're recovering from a major illness, running your own business, raising a house full of kids, or trying to work and go to school—whatever your situation, if you know you cannot possibly accomplish everything that needs to be done without help, then you should consider involving others.

Ask Friends and Family For Help

Get Outside Help

When Cleaning Becomes a Compulsion

Although there is nothing wrong with being a neat freak and looking to cleaning as a way to calm your nerves and destress, it does become an issue when your cleanliness and need for order in your home starts to become a compulsion.

For instance, if you won't go out with your friends or you cancel plans because you haven't finished all your cleaning tasks for the day or week, then that could be a red flag that your desire for a clean home has become a compulsion.

Likewise, cleaning can become an issue if it's impacting your physical health, feels a little obsessive, or is interfering with your schedule like making you late for work or school.

If you are unsure whether or not your cleaning habits are constructive or bordering on a compulsion, you may want to talk to your doctor or a mental health professional for advice. A therapist can help you determine which behaviors are healthy and which might need to be altered. They can also provide other coping mechanisms for depression, anxiety, or stress.

If cleaning and decluttering helps ease your stress, reduces your anxiety, and lifts your mood, then by all means grab your cleaning tools and get started. After all, a messy or cluttered home can be distracting. Just be sure your cleaning habits aren't a crutch. You don't want to rely solely on cleaning to give your life order and predictability.

There are times when things won't go as planned and you won't be able to clean. So, you need to have other tools in your arsenal that you can go to to destress and unwind.

Conversely, if you are struggling with depression or another mental health issue and long for a clean and organised home, but just don't have the energy to do it, try starting small. Even if that means just picking up all the clothes off the floor on one day and loading the dishwasher on the next day, taking little steps to clean up your environment will feel more manageable and less overwhelming.

And, more importantly, it may even lift your mood to have taken a small step toward Organising and cleaning your environment.

V. Cleaning Products: How Different Cleaning Products Work

Cleaning products play an essential role in people's daily lives by removing soils, germs, and other contaminants to help prevent the spread of infectious diseases and control allergens, such as dust and mold.

Uses & Benefits

Chemicals in cleaning products like laundry detergent can help these products to perform just as well in cold water as in hot water, enabling consumers to save money and energy when washing their clothes. In addition, highly

concentrated liquid laundry formulations made possible by chemistry require less packaging materials and generate less waste.



Household cleaning products containing **antibacterial cleaners** not only remove dirt and soil, but they also can kill the germs that may cause illness.

Chlorinated cleaning products can help protect against seasonal flu outbreaks and episodes of foodborne illness. Daycare centers, hospitals, restaurants and other public facilities rely upon the disinfectant qualities of chlorine-based cleaners to keep the environment germ-free.

Cleaning solvents are also common cleaning products. For example, glycol ethers are highly effective as an active component of heavy-duty glass, floor and other hard surface cleaning formulations. These solvents have good water compatibility, high solvency for greases and oils and good biodegradability.

TSP (Trisodium Phosphate) is a budget-friendly and strong cleaning agent that can cut through tough grease, grime, stains, and soot. Due to such properties, it is regularly used to prepare surfaces for refinishing or

repainting. People also prefer using this strong cleaner for home improvement projects, such as cleaning from a chimney or removing mould and mildew buildup on surfaces like wooden decks. There is no doubt that TSP is a versatile and effective cleaner, but it also has its downsides. It is banned in some parts of the world, while in others its use is highly regulated because of the negative environmental impact on waterways. It is also known to be caustic and, if used inadequately, can cause severe eye and skin damage. That's one the reasons why professionals follow safety measures when using TSP and other cleaners for a budget end of lease cleaning Sydney. They use tried and tested methods to tackle buildup grease , grime, accumulated dirt, debris and gunk to help return the property in a clean state. Here is how you can clean surfaces with TSP cleaner. Use this guide to achieve the best cleaning results without causing any damage.



What Is TSP?

Trisodium phosphate, usually referred to as TSP, is an inorganic chemical compound that is typically diluted with water to prepare an alkaline cleaning

agent. This agent can be used as a stain remover and degreaser and to handle painted surfaces before refinishing or repainting. TSP is a white granular substance that consists of 75% to 80% trisodium phosphate and 20% to 25% sodium carbonate. TSP was used a lot in consumer products in the 20th century. It was a commonly used as an ingredient in cleaning agents. As per the APVMA guidelines (Australian Pesticides and Veterinary Medicines Authority), only licensed individuals are allowed to use the TSP cleaner. Furthermore, people should not use it on surfaces that come in direct contact with food items, including kitchen countertops.



🛠️ How To Use TSP For Cleaning Surfaces?

Professionals are always cautious when using TSP for end of lease cleaning Sydney. You must do the same by reading and following the guidelines and noticing all the safety warnings. As a rule of thumb, use the least amount of TSP that will work well for your purposes. Here is how to clean surfaces with TSP cleaner:

1. Protect Yourself And Prepare The Area

Before getting started with preparing the solution, you must protect yourself with appropriate gear and prepare the area to minimise the chances of damage. Remember to wear eye protection, waterproof work gloves, and long sleeves. Using plastic sheeting is ideal to cover any areas that you are not

cleaning. It is a highly regular cleaning product and can burn skin or irritate eyes if you don't follow the safety measures. Make sure you read and consider the package directions seriously and keep it away from your kids and pets. Also, keep your doors and windows open for proper ventilation. You can also run an exhaust fan during the cleaning process. Tip: Be sure you store TSP bottle in a safe, secure and dry area. Keep it away from the direct sunlight.

2. Mix The TSP Cleaning Solution

It is always recommended to read the package directions when working with TSP. The guidelines should be about dilution ratios, safety precautions, and mixing instructions. Follow each instruction to ensure no harm is done. A basic dilution ratio is $\frac{1}{2}$ cup of TSP to 2 gallons of hot water. The use of hot water will ensure the TSP becomes soluble and dissolves well. This is how professionals prepare the TSP cleaning solution for budget end of lease cleaning Sydney.

3. Saturate The Sponge

Hold the sponge in the TSP solution to soak it. After that, squeeze it several times. It is recommended to avoid cleaning surfaces with a dripping wet sponge as that can possibly leave white powdery streaks or spots once the solution dries up.

4. Clean The Surface Thoroughly

Use the sponge to thoroughly clean the desired surface. It is ideal to move it from the bottom to the upward using a sweeping motion. When working, remember to soak and squeeze the sponge in the cleaning solution frequently.

5. Rinse The Surface Adequately

Once the TSP solution dries up, it may leave a white powdery residue on the cleaned surface. It needs to be cleaned appropriately.

- Use a new sponge and a clean bucket that contains cool water.
- Wipe the surface clean.
- Repeat the process if needed.

Do not use TSP if you are pregnant or suffering from chronic respiratory problem and allergies, like asthma. In that case, you can hire cleaning professionals who have at least 5 years of experience in the cleaning industry. They follow the safety protocols, wear protective gear and use the right technique to clean stains and dirt using TSP. So, you can relax and let professionals spruce up your home without a hint of stress. Make sure you check the initial condition report, do necessary repairs and empty the rooms before hiring professionals for a quality end of lease cleaning Sydney and get your full bond back with ease.

TSP is one the most effective and powerful cleaning agents. Not only does it help you deal with mould and stains, but it can also be afforded by most people. However, it is crucial to be cautious to ensure no harm is done to you and the surface. Apply the methods from this article to get ideal cleaning results.

Final Words

Organizational habits aren't just about cleanliness; they're about cultivating a sanctuary for your mind. Studies reveal that cluttered spaces elevate stress levels, while tidiness promotes tranquility. By decluttering and organizing, you're fostering inner peace and enhancing mental well-being. A tidy environment doesn't just boost productivity; it uplifts mood, improves sleep, and amplifies creativity. Imagine returning daily to a serene, clutter-free home: no more scattered items or chaotic corners. This transformative shift liberates energy for meaningful pursuits, fosters quality time with loved ones, and nurtures a profound sense of contentment. Embrace organization as a pathway to reclaiming your happiness and restoring balance in life.

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