

Five Benefits of a Big Clean-Up

I guess there are lots of people like me – those who hate cleaning home. And the reasons why I don't like it are pretty obvious: it is **time consuming**, boring and even **physically demanding**. I don't have a specific day or time for cleaning, it happens when there are clear signs it is necessary which inevitably leads to **procrastination**. But once I thought: what if I look more at the benefits of cleaning and focus on them every time I want to **put it off**. So here are 5 obvious advantages I have found and I hope sharing them in my podcast might help you become more organized:

1. The cleaner, the healthier

We are not only what we eat, but also what we breathe. Dust in homes contains human and animal hairs and skin cells, all sorts of fibers, outdoor soil. Can you imagine how many potentially dangerous microbes there are? And one more curious unpleasant fact: dust is home to dust mites, microscopic insects that **inhabit** dirty surfaces and uncleaned floors and mattresses, blankets and carpets and that may cause serious allergic reactions. Moreover, a clean-up is not only a way **to get rid of potential health hazards**, but also a good physical exercise.

2. Reflection and meditation

There are two ways to approach a problem: think about it and work out a solution, or not to think about it. When I do the washing up, or vacuum the floor, or any other chore, I can either focus on the problem and contemplate it, or just concentrate on the process of cleaning and distract from the problem for a while.

3. Well organized place – well organized thoughts

I notice that effect when the job is done. I am a freelance teacher and do a lot of work from home, so I am more productive when my work place is clean and tidy. And when I don't work, I find myself less anxious and more content in a clean home.

4. Self-esteem and feeling of accomplishment

Our **self-esteem soars** when we have been able **to accomplish something**. Look around your clean and shiny flat or house, check the things you got fixed and repaired and praise yourself for a job well-done.

5. Breaking the routine

Housework is a great way to distract yourself from standard things we do on a daily basis. It could be very useful because when you come back to your ordinary life after a big clean-up, you might **take a fresh look at** things you have been thinking about and gain some important insights.

How about you? Do you like cleaning your home? Can you bring up more benefits of it? Please, write in the comments.

Now let's take a look at some words and phrases from this podcast:

- **Time consuming** – something that takes a lot of time
- **Physically demanding** – something that takes a good deal of physical effort
- **Procrastination** – an act of delaying or postponing something
- **Put something off** – postpone something
- **Inhabit** – live in or occupy some environment
- **Get rid of something** – throw away something, dispose of something
- **Health hazard** – danger to health
- **Self-esteem soars** – confidence grows
- **Accomplish something** – achieve something or complete successfully

- **Break a routine** – stop doing usual, habitual things
- **Take a fresh look at something** – look at something in a different light

This is all for today. I hope you enjoyed this podcast, and if you have any questions or want to leave a comment, please, do it on my website, www.nmodel.net, or you can also do it on the platform that you are using to listen to my podcast.

Goodbye!

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