

# ***CLEANING*** *schedule*



A clean space is important for our mental and physical health. Yet, it is something that is not often talked about. There are practical ways to incorporate cleaning into our daily lives to maintain a mess-free and stress-free space. There is no one right way to clean or to maintain your space. Learn at your own pace and use what works for you!

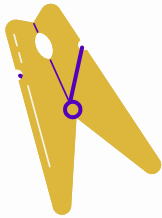
## ***DAILY***

Small, daily cleaning will keep your space clean and organized for a longer period of time, requiring less deep-cleaning over time. Start small and build from there.

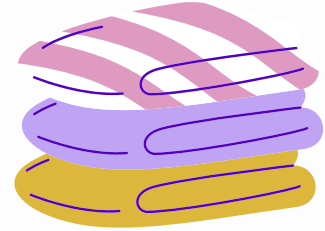
- Throw Away Trash
- Mop Kitchen Floor
- Vacuum Living Room
- Wipe Counters
- Wash Dishes
- Put Items Away

If it takes less then 2 minutes, do it now.





# WEEKLY Cleaning



You can move this schedule around to fit your life. You don't need to clean everything all at once, that's overwhelming! Develop a routine that works for you and spread out tasks you don't like.

## MONDAY

### Laundry

- Separate lights and darks
- Use detergent (follow the label)
- Don't overload the washer
- Move clothes to dryer soon after
- Clean lint trap
- Fold/hang quickly to prevent wrinkles

## TUESDAY

- Self-Care

## WEDNESDAY

### Living Room

- Declutter items
- straighten shelves/tables
- Vacuum, sweep & mop



## THURSDAY

- Self-Care

## FRIDAY

### Bathroom

- Clean toilet bowls
- Wipe outside of the toilet
- Sweep & mop floors
- Clean showers/bathtubs
- Clean sinks & counters
- Wipe mirrors

## SATURDAY

### Bedroom

- Hang/fold clothes
- Dust surfaces
- Vacuum, sweep/mop
- Change sheets

## SUNDAY

- Meal Prep

# ***CREATE YOUR OWN***

## *Schedule*

Day.

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Bathroom

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Day.

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Living room

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Day.

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Bedrooms

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Day.

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Kitchen

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# ***CLEANING*** *Supplies*



Start with basic items you can find anywhere. Dollar stores, Walmart, campus pantries, and community partners can often have these items at reasonable or no cost. You can explore scents and brands later.

## **Everyday Cleaning Supplies**

- All-purpose cleaner
- Paper Towels
- Reusable Cloths
- Dish Soap
- Sponge or scrubber
- Laundry detergent
- Trash bags
- Toilet cleaner & brush
- Windex
- Vacuum
- Broom/Mop



# ***CLEANING*** *Review*

- Cleaning is an act of self-care. If your space is clean, you will feel better.
- Cleaning is not a measure of who you are.
- You don't need to do deep cleaning every day. This is optional. You can deep-clean as needed. For example, cleaning out the fridge, wiping baseboards, and cleaning windows can all be done as you see the need for them.
- Doing a little bit still counts! Do things on your own pace.
- When it's overwhelming, pick one task to complete.
- Cleaning is a learned skill. The more you do it, the more naturally it will come. Build routines over time and adjust as needed.

