

*Ultimate
Guide to
Improve Your
Wellbeing and
Quality of Life*



ABSTRACT

In order to improve our quality of life, we must first determine what our goals and desires are and then put a plan into place to work toward achieving those goals. With each of our long-term goals comes many choices and decisions, from what to try to how much effort to put forth. By assessing your current quality of life, you can focus on bridging the gaps and take advantage of opportunities you have to make improvements.

INTRODUCTION

Sometimes, life can be overwhelming. Whether it is a complicated personal life, a frustrating career, or just dealing with the stresses of being a functioning human being in the 21st century, it can all be a bit much to deal with.

That is why it is important to take time to make small adjustments to improve your quality of life. These little changes can have a lasting and positive effect on your long-term mental health and outlook on life. Here are 8 easy ways to improve your quality of life.

I. How to Measurably Improve Your Quality of Life

Understand the aspects of your life and experiences that most closely relate with the quality of life you desire.

Your quality of life has to do with what you feel matters and what is truly significant for you. Which of your behaviors impact your quality of life? A few decades of research on what correlates most with quality of life gives us categories as listed below with a useful mnemonic :



P: Positive emotions: The moments consisting of positive moods, perspectives, or sensations, including feelings of happiness, gratitude, closeness, confidence, peace, hope, and inspiration.

E: Engagement: Periods of time when we are so caught up in the moment or activity we are working on that we have clarity and focus, time seems less relevant, and we are risen to our best. This is frequently associated with 'Eustress', which is the polar opposite of distress.

R: Relationships: The quality of our relationships is very highly interwoven with our overall quality of life. The strength of our social support structure or 'Personal Safety Net' is fundamental to many of our coping skills. Resiliency when facing challenges in our lives often stems from past or present interactions. Our relationships may contribute to our quality of life and invoke positive emotions. There are a select few who thrive more abundantly in solitude or in the company of an animal or pet. Often, these individuals focus on their relationship with themselves rather than with those around them.

M: Meaning: How well our work and personal relationships relate to our ideas of fulfilling a "greater purpose," contribute enormously to our self-esteem and confidence to continue to strive. When you know what you value and live according to those values, you improve the quality of your life. The opposite is a feeling that we are wasting our time on trivial tasks that do not contribute to a greater cause. A sense of meaning is often easier to come by if what we do somehow contributes to the needs of a community we are a part of.

A: Accomplishment: A sense of accomplishment is closely tied to how efficiently we are able to complete our "to do" lists. But, it can also include the simple positive emotion that comes from completing an already-solved problem like a sudoku puzzle, or level of a video game.

H: Health: Not referenced in the original list, but worth including here, is the quality of our physical well-being, including how much pain we are in, how much mobility we have, and what our physical capabilities are. According to Gallups' research on global well being, the quality of our sleep plays a critical role in overall quality of life - if we are not getting enough quality rest, we are far more likely to be emotionally overwhelmed and, in turn, less productive.

Explore how your mind makes choices.

We make many many choices every day that affect our quality of life, but most of our routines (how we start our day, what we choose to eat) and standard reactions (eating when we are anxious, cursing at other drivers if they frustrate us) are made on autopilot.



Analytical thinking and planning is required to measurably change any of our autopilot habits (how we choose our food) or response patterns (how we respond to frustration while driving).

Triggering cognitive thinking in time to make better choices is a fundamental skill. For example, if you can feel your emotions starting to take over, you have a limited window of time in which you can ask yourself strategic questions and make better choices about how to best respond to the situation.

Describe your ideal quality of life with those aspects as categories.

What habits do you wish you had? How do you wish you could respond in challenging situations? What would a perfect day entail and what would you eliminate? Take five minutes now to write up short wish lists with what you would want in each category.

Start a gratitude journal or a 'satisfaction index' in your diary as a useful way to keep track of your goals. Make a short list of what you are grateful for in your life within these categories. Regularly quantify your current status within each of the categories/aspects by asking yourself: where are the smallest and largest gaps?

Research to help you on your journey. There is a wide range of online sources as well as formal coaching and educational courses. Ask yourself - what have you done in the past to help bridge those gaps? What have others done?

Brainstorm your list of specific goals that, if successfully completed, would help you eliminate the gaps in your quality of life. You should be very clear about your essential human needs. You can improve the quality of your life by giving yourself what you truly need to support and enhance life.

Convert your goals into SMART goals:

SMART is a helpful guideline to be able to make your goals easier to achieve. Specific, Measurable, Attainable, Relevant, Time-bound.

- Experiment with options for making progress on those goals. What triggers or prompts will help you remember to follow through on your intentions? Consider focusing on the easiest task first to get momentum going to improve your life.

Collaborate with others in your experiments.

If you want to change a frequent daily habit, like eating healthier or exercising, partnering with people around you makes it easier to succeed. This becomes critical if their behaviors affect yours and vice versa - work together to design experiments you can try together.

- For example, one of the easiest ways to eat healthier at home is to reduce the availability of unhealthy food in the home. When you are at a grocery store, you can reduce the temptations of unhealthy food by only shopping in the perimeter aisles unless there's something you absolutely need in one of the center aisles.

Evaluate the results of your experiments

Consider using a daily journal to capture your intentions for the day. Make a list right away in the morning and, in the evening, review and reflect on the results of the day. Each consecutive day, you can then make improvements toward achieving your goals.

If you're collaborating with a partner, make time to review results together. As you fall asleep and drift into an alpha state of consciousness, you may find your mind more capable of epiphanies on how to approach your goals in more productive ways.

Plan for productive failure

Experimenting with change does not mean you have to adhere to every plan. Figuring out what doesn't work is a huge part of figuring out what does.

- Try to remember things vary from person to person. A very general formula like this one may be adjusted to fit your lifestyle. Either way, never give up and never stop trying.

II. Building Better Mental Health

Looking to boost your mood, handle your emotions better, or build resilience? These six life-changing strategies for improving mental health and well-being can show you how.



Understanding good mental health

Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics.

People who are mentally healthy have:

- A sense of contentment.
- A zest for living and the ability to laugh and have fun.
- The ability to deal with stress and bounce back from adversity.
- A sense of meaning and purpose, in both their activities and their relationships.
- The flexibility to learn new skills and adapt to change.
- A balance between work and play, rest and activity, etc.
- The ability to build and maintain fulfilling relationships.
- Self-confidence and high self-esteem.

How to boost your mental health

Helpguide's 6 Keys to Mental Health



Anyone can suffer from mental or emotional health problems—and over a lifetime most of us will. This year alone, about one in five of us will suffer from a diagnosable mental disorder. Yet, despite how common mental health problems are, many of us make no effort to improve our situation.

We ignore the emotional messages that tell us something is wrong and try toughing it out by distracting ourselves or self-medicating with alcohol, drugs, or self-destructive behaviors. We bottle up our problems in the hope that others won't notice. We hope that our situation will eventually improve on its own. Or we simply give up—telling ourselves this is “just the way we are.”

The good news is: you don't have to feel bad. There are practices you can adopt to elevate your mood, become more resilient, and enjoy life more. But just as it requires effort to build and maintain physical health, so it is with mental health. We have to work harder these days to ensure strong mental health, simply because there are so many ways that life takes a toll on our emotional well-being.

Why we often neglect our mental health needs

Even in today's advanced world, many of us are often reluctant—or unable—to address our mental health needs. This can stem from a variety of reasons, including:



- In some societies, mental and emotional issues are seen as less legitimate than physical issues. They're seen as a sign of weakness or somehow as being our own fault.
- Some people mistakenly see mental health problems as something we should know how to "snap out of." Men, especially, would often rather bottle up their feelings than seek help.
- In our fast-paced world, we're obsessed with seeking quick, simple answers to complex problems. We look for connection with others by compulsively checking social media instead of reaching out to people in the real world, for example. Or to boost our mood and ease depression, we'd rather pop a pill rather tackle the underlying issues.
- Many people think that if they do seek help for mental and emotional problems, the only treatment options available are medication (which comes with unwanted side effects) or therapy (which can be lengthy and expensive). The truth is that, whatever your issues, there are steps you can take to improve the way you feel and experience greater mental and emotional well-being. And you can start today!

Make social connection a priority—especially face-to-face

No matter how much time you devote to improving your mental and emotional health, you will still need the company of others to feel and function at your best. Humans are social creatures with emotional needs for relationships and positive connections to others. We're not meant to survive, let alone thrive, in isolation. Our social brains crave companionship—even when experience has made us shy and distrustful of others.

Why is face-to-face connection so important?

Phone calls and social networks have their place, but nothing can beat the stress-busting, mood-boosting power of quality face-to-face time with other people.

The key is to interact with someone who is a "good listener"—someone you can regularly talk to in person, who will listen to you without their own conceptions of how you should think or feel. A good listener will listen to the feelings behind your words, and won't interrupt, judge, or criticize you.

Reaching out is not a sign of weakness and it won't make you a burden to others. Most people are flattered if you trust them enough to confide in them.

If you don't feel that you have anyone to turn to, there are good ways to build new friendships and improve your support network. In the meantime, there is still a great benefit to interacting face-to-face with acquaintances or people you encounter during the day, such as neighbors, people in the checkout line or on the bus, or the person

serving you your morning coffee. Make eye contact and exchange a smile, a friendly greeting, or small talk.

Staying active is as good for the brain as it is for the body

The mind and the body are intrinsically linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. Physical activity also releases endorphins, powerful chemicals that lift your mood and provide added energy. Regular exercise or activity can have a major impact on mental and emotional health problems, relieve stress, improve memory, and help you to sleep better.



Tips for starting an exercise routine

- Aim for 30 minutes of activity on most days. If it's easier, three 10-minute sessions can be just as effective. **Start now** by taking a walk or dancing to a favorite song.
- Try rhythmic exercise that engages both your arms and legs, such as walking, running, swimming, weight training, martial arts, or dancing.
- Add a mindfulness element to your workouts. Instead of focusing on your thoughts, focus on how your body feels as you move—how your feet hit the ground, for example, the rhythm of your breathing, or the feeling of wind on your skin.

Learn how to keep your stress levels in check

Stress takes a heavy toll on mental and emotional health, so it's important to keep it under control. While not all stressors can be avoided, stress management strategies can help you bring things back into balance.

Talk to a friendly face. Face-to-face social interaction with someone who cares about you is the most effective way to calm your nervous system and relieve stress. Interacting with another person can quickly put the brakes on damaging stress responses like “fight-or-flight.” It also releases stress-busting hormones, so you’ll feel better even if you’re unable to alter the stressful situation itself.

Appeal to your senses. Does listening to an uplifting song make you feel calm? Or smelling ground coffee or a favorite scent? Or maybe squeezing a stress ball works quickly to make you feel centered? Everyone responds to sensory input a little differently, so start experimenting now to find what works best for you. Once you discover how your nervous system responds to sensory input, you’ll be able to quickly calm yourself no matter where or when stress hits.

Make leisure time a priority. Partake in your favorite activities for no reason other than that they make you feel good. Go to a funny movie, take a walk on the beach, listen to music, read a good book, or talk to a friend. Doing things just because they are fun is no indulgence. Play is an emotional and mental health necessity.

Make time for contemplation and appreciation. Think about the things you’re grateful for. Meditate, pray, enjoy the sunset, or simply take a moment to pay attention to what is good, positive, and beautiful as you go about your day.

Take up a relaxation practice. While sensory input can relieve stress in the moment, relaxation techniques can help reduce your overall levels of stress—although they’re likely to take more time to learn effectively. Yoga, mindfulness meditation, deep breathing, or progressive muscle relaxation can put the brakes on stress and bring your mind and body back into a state of balance.

Eat a brain-healthy diet to support strong mental health

Unless you’ve tried to change your diet in the past, you may not be aware how much of what you eat—and don’t eat—affects the way you think and feel. An unhealthy diet can take a toll on your brain and mood, disrupt your sleep, sap your energy, and weaken your immune system.

Conversely, switching to a wholesome diet, low in sugar and rich in healthy fats, can give you more energy, improve your sleep and mood, and help you to look and feel your best.

People respond slightly differently to certain foods, depending on genetics and other health factors, so experiment with how the food you include in—or cut from—your diet changes the way you feel. The best place to start is by cutting out the “bad fats” that can damage your mood and outlook, and replace them with “good fats” that support brain-health.

Foods that adversely affect mood

- Caffeine.

- Alcohol.
- Trans fats or anything with “partially hydrogenated” oil.
- Foods with high levels of chemical preservatives or hormones.
- Sugary snacks.
- Refined carbs (such as white rice or white flour).
- Fried food.

Foods that boost mood

- Fatty fish rich in Omega-3s such as salmon, herring, mackerel, anchovies, sardines, tuna.
- Nuts such as walnuts, almonds, cashews, peanuts.
- Avocados.
- Flaxseed.
- Beans.
- Leafy greens such as spinach, kale, Brussel’s sprouts.
- Fresh fruit such as blueberries.

Don’t skimp on sleep—it matters more than you think

If you lead a busy life, cutting back on sleep may seem like a smart move. But when it comes to your mental health, getting enough sleep is a necessity, not a luxury. Skipping even a few hours here and there can take a toll on your mood, energy, mental sharpness, and ability to handle stress. And over the long-term, chronic sleep loss can wreak havoc on your health and outlook.

Find purpose and meaning in life

Everyone derives meaning and purpose in different ways that involve benefitting others, as well as yourself. You may think of it as a way to feel needed, feel good about yourself, a purpose that drives you on, or simply a reason to get out of bed in the morning.

In biological terms, finding meaning and purpose is essential to brain health as it can help generate new cells and create new neural pathways in the brain. It can also strengthen your immune system, alleviate pain, relieve stress, and keep you motivated to pursue the other steps to improve mental and emotional health. However you derive meaning and purpose in life, it’s important to do it every day.

What gives you meaning and purpose?

Engaging work that provides meaning to yourself and others. Partake in activities that challenge your creativity and make you feel productive, whether or not you get paid for them. Some ideas are gardening, drawing, writing, playing an instrument, or building something in your workshop.

Relationships. Spending quality time where you give of yourself to people who matter to you, whether they're friends, grandkids, or elderly relatives, can support both your health and theirs, while also providing a sense of purpose.

Caring for a pet. Yes, pets are a responsibility, but caring for one makes you feel needed and loved. There's no love quite as unconditional as the love a pet can give. Animals can also get you out of the house for exercise and expose you to new people and places.

Volunteering. Just as we're hard-wired to be social, we're also hard-wired to give to others. The meaning and purpose derived from helping others or the community can enrich and expand your life—and make you happier. There's no limit to the individual and group volunteer opportunities you can explore. Schools, churches, nonprofits, and charitable organizations of all sorts depend on volunteers for their survival.

Caregiving. Taking care of an aging parent, a handicapped spouse, or a child with a physical or mental illness is an act of kindness, love, and loyalty—and can be as rewarding and meaningful as it is challenging.

When to seek professional help

If you've made consistent efforts to improve your mental and emotional health and still aren't functioning optimally at home, work, or in your relationships, it may be time to seek professional help. Following these self-help steps will still benefit you, though. In fact, input from a caring professional can often help motivate us to take better care of ourselves.

III. The Relationship Between Mental Health and Cleaning

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 organizing 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 organized 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. 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

Meanwhile, a study by Princeton University researchers discovered that clutter can make it difficult to focus on a particular task. More specifically, they discovered that a person's visual cortex can be overwhelmed by objects not related to a particular task, making it harder to focus and complete projects efficiently.



In some ways, clutter and mess is linked to negative emotions like confusion, tension, and irritability while an organized 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, organizing, 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.

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.

In fact, a study by the University of Connecticut found that in times of high stress, people default to repetitive behaviors like cleaning because it gives them a sense of control during a chaotic time.

What's more, clutter and disorganization can be really distracting and make it hard to focus or complete other projects and you can start to feel stuck in a rut. So, if you're feeling an urge to clean and declutter when you're stressed, your mind and body is probably looking for a way to bring some order to your 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.

For instance, a study published in the journal, *Mindfulness*, found that people who were mindful when washing dishes—in other words they took the time to smell the soap and to take in the experience—reported a 27% reduction in nervousness, along with a 25% improvement in "mental inspiration."

What's more, studies have found that having clean sheets and making your bed are associated with a better night's rest. And, when you get more rest, that provides a whole host of mental health benefits including an improved mood.

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 organized work area.

If you're having trouble focusing on a project, you may want to try decluttering your workspace first. You might find that devoting just a few minutes to organizing your things and clearing away any mess may make it easier for you to concentrate and get your work completed.

Limiting the number of possessions you own can have the same impact because it reduces the number of things vying for your brain's attention.

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.

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.

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

Although asking for help may be hard, most people are willing to help you if you ask. So, talk to your partner, enlist your kids, or ask a friend or family member if they will help you get organized. Plus, it's a lot easier to tackle big projects when you have the help of others.

Get Outside Help

And, if you have room in your budget, you also could consider hiring someone to clean your house once or twice a month. To keep costs down, consider having them do the hard tasks like cleaning the bathrooms only and then clean the other areas of your home on your own.

You also could consider getting a robot vacuum so that you don't have to worry about the floors. Look for ways to simplify the cleaning that needs to be done and it will become more manageable over time.

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.

IV. 7 Steps For Effective House Cleaning And Sanitisation

The key to having a healthy home is performing regular house cleaning and sanitisation. However, it is easier said than done because there is little to no time left for household sanitation with personal and professional commitments.

But, you need to do it else family members fall sick frequently, contaminants degrade indoor air quality, and your abode becomes a hub of illness-causing germs. You can hire professional cleaners for routine house cleaning or end of lease cleaning in Melbourne when ending a tenancy. Since professionals have the right equipment, years of experience and training, they can spruce or deep clean your property within a few hours.



Nonetheless, you should take care of household hygiene even with professional help. Here are seven steps for effective house cleaning and sanitisation you can follow to have a neat and safe home.

1. Remove Clutter

Trash and unwanted items are common in every home, and removing them is crucial to free space plus make it easier for you to clean. Thus, sort through every room in your house, removing garbage and things you haven't used for months or don't use at least once/twice a year.



- Put the trash in garbage bags, ensuring you separate organic, recyclable, non-recyclable and toxic trash carefully to discard them responsibly.
- Give away things in good condition to a local charity registered with the Australian Charities and Not-For-Profit Commission.
- Resell your belongings via offline/online garage sale.

2. Dust Every Room

Surfaces, fixtures and objects in every room accumulate dust, dirt, allergens and pollutants, making them look dirty. Removing these physical contaminants is important to sanitise every room and keep their indoor air quality good.

Use microfiber cleaning products like the professional end of lease cleaners in Melbourne to capture dust and dirt effectively and efficiently. You can get microfiber cloth, towel, gloves, duster or mop, and their fibres will trap contaminants and bacteria.

3. Clean Household Surfaces/Objects

After dusting every room:



- Focus on sanitising household surfaces and objects with the right cleaning products and tools.

- Before starting the process, create a kit with multi-purpose cleaner, sponges, brushes, microfiber cleaning products, etc.
- Keep this kit on hand to clean countertops, floors, appliances, oven, sink, and other surfaces/fixtures in your home.
- Arrange a vacuum cleaner with HEPA-filters to collect dust, dirt and debris from household surfaces without hassle.
- To smoothen the process of vacuuming, keep different attachments handy.
- Additionally, get a steam cleaner to sanitise grimy and mouldy areas effectively and efficiently.

Cleaning is important as it gets rid of grime, stains, spots and other pollutants that attract germs.

4. Disinfect

Once the surfaces, fixtures and objects in the house are clean, you must disinfect them for effective house cleaning. Without removing physical contaminants on areas before disinfecting is useless because the pollutants shield the germs.

Thus, when you disinfect without cleaning, neither does the area becomes sanitary nor germ-free. Even professional end of lease cleaners in Melbourne follow the correct order of cleaning first, then disinfecting to get the best results.

After applying a disinfectant on a surface, make sure it remains on it for 5-10 minutes. If it dries during this time, reapply to kill bacteria, viruses and other illness-causing pathogens. Doing this is especially important when using disinfecting solution containing alcohol because it evaporates quickly. Also, make sure the alcohol based disinfectant has at least 60% or above alcohol to be effective.

5. Vacuum Carpets, Upholstery, Curtains etc.

These surfaces trap pollutants and bacteria, making it necessary to sanitise them regularly. Use a vacuum cleaner with HEPA filters to thoroughly clean carpets, upholstery, curtains, area rugs, mattresses, pillow and cushions.



Sprinkle baking soda before vacuuming and let it dwell for 30 minutes before vacuuming to refresh heavily soiled areas. Baking soda is a natural cleaner, sanitiser and deodoriser that is safe and highly effective. It can remove smells, moisture, stains and grime from fabrics and organic materials, leaving them bright and as good as new.

6. Wash Beddings, Cloth Covers & Towels

Ensure to wash beddings, cloth covers and towels in the bedroom, bathroom and living rooms every week to inhibit the growth of dust mites and illness-causing germs. Keep multiple pairs for the following to replace and wash them routinely, and maintain optimum household hygiene.

- Bedsheets
- Pillow and cushion covers
- Table cloths
- Mirror & glass covers
- Blankets and pullovers
- Hand, face and bath towels

7. Sanitise Common Points of Contact

Infectious and communicable diseases spread when you touch a surface or object with illness-causing pathogens. Bacteria, viruses and fungi can survive on different areas for several hours or days. Therefore, you should sanitise common points of contact daily to curb their transmission. You should clean then disinfect the following points to keep family members healthy.

- Faucets, handles, knobs, switches and plugs.
- Rails, countertops, tables, armrests, chairs, desks etc.

- Remote controls, mobile phones, laptops, tablets, consoles, monitors, mouse, keyboards etc.
- Floors, slabs, shelves etc.

Identify other high touch areas in your home to clean and disinfect regularly. If you hire professional end of lease cleaners in Melbourne or house cleaners, they will deep clean every nook and cranny of your property.

Maintaining household hygiene is imperative to have good physical health and mental well-being. You can take the assistance of professionals for regular housekeeping or end of lease cleaning when ending a tenancy. But for a healthy home, follow the seven steps stated above for effective house cleaning and sanitisation.

CONCLUSION

Just as everyone has their own definition of success, we all have slightly different ideas of what constitutes a high-quality life. However, there are some steps everyone can take to make life more enjoyable. Just taking these few steps can boost your personal well-being and make each day more meaningful, without drastic change.

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