myHealth CONNECTIONS
PROMOTING HEALTH AND WELL-BEING

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Wellness Wednesdays

MARCH, 2025 WEEK 2

SPRING CLEANING FOR A HEALTHIER YOU: Clear Out, Breathe Easy, Feel Better

Spring is almost here, and that means longer days, fresh air, and the opportunity to reset are on the horizon. A clean home isn't just about appearances—it plays a significant role in your physical and mental well-being. Regular cleaning can help eliminate allergens, reduce stress, and create a more relaxing environment. This season, take the time to refresh your home, mind, and daily routines.

ALLERGY-PROOF YOUR HOME

With this season comes blooming flowers, warmer weather—and unfortunately, allergies. Pollen, dust, and pet dander can trigger sneezing, congestion, and itchy eyes. Keeping your home free from allergens can help you breathe easier and feel better.

Tips for reducing allergens:

Use an air purifier: **HEPA filters** help remove airborne allergens like pollen and dust.

Wash your bedding weekly: Yes, weekly! Use hot water to kill dust mites.

Vacuum with a HEPA filter: Carpets and rugs trap allergens; vacuuming frequently keeps them under control.

Keep your windows closed on high-pollen days: Check daily pollen forecasts and use air conditioning instead.

Change your HVAC filters: Replace filters regularly to keep indoor air clean. The US Department of Energy suggests cleaning or replacing them every month or two.

For more on allergy prevention, check out BCBSIL's guide to managing seasonal allergies.

FOLLOW THE MOUSE:
We've hyperlinked resources you may want to access. Just hover and click!

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DECLUTTER YOUR HOME & YOUR MIND

Clutter isn't just physical—it can take a toll on your mental health. Studies show that a clean and organized home can reduce anxiety and improve focus. When your space is clutter-free, your mind feels clearer, making it easier to relax and maintain productivity.

Here are some tried-and-true ways to declutter your space for a healthier mind:

Tackle just one space at a time. Start small, like a single drawer or closet, to avoid feeling overwhelmed.

Create a keep, donate, toss system. If you haven't used something in a year, it may be time to let it go.

Limit digital clutter. Does your computer's desktop trigger anxiety every time you see it? Delete old emails, organize your files, and reduce screen time.

"One In, One Out" rule. When you buy something new, remove an old item to minimize clutter and maintain space in your closets and drawers.

Clearing your space can help clear your mind. Additional information about the health benefits of organization can be found at this BCBSIL Connect Community post.

SPRING CLEANING FOR A HEALTHIER YOU

According to experts, spring cleaning can have measurable health benefits beyond just having a tidy home. It can:

- **Reduce stress –** A clean space promotes calmness and control.
- **Encourage movement –** Cleaning activities like scrubbing and vacuuming count as exercise!
- **Enhance Sleep –** A clutter-free bedroom creates a relaxing atmosphere.
- **Boost productivity –** A clean workspace can help improve focus and concentration.

GO *GREEN* WITH NATURAL CLEANERS

Many store-bought cleaning products contain chemicals that can irritate allergies and harm the environment. Switching to eco-friendly alternatives is a safer option for your home and health.

Easy DIY Green Cleaning Solutions:

- **All-purpose cleaner –** Mix equal parts white vinegar and water. Add lemon juice or peels for a fresh scent.
- **Glass cleaner –** Combine one cup water, one cup vinegar, and one tablespoon rubbing alcohol.
- **Deodorizer –** Sprinkle baking soda on carpets and let sit for 15 minutes before vacuuming.
- **Wood polish –** Mix one part olive oil and one part lemon juice for a natural furniture shine.

These simple swaps can make your home healthier while reducing your environmental impact.

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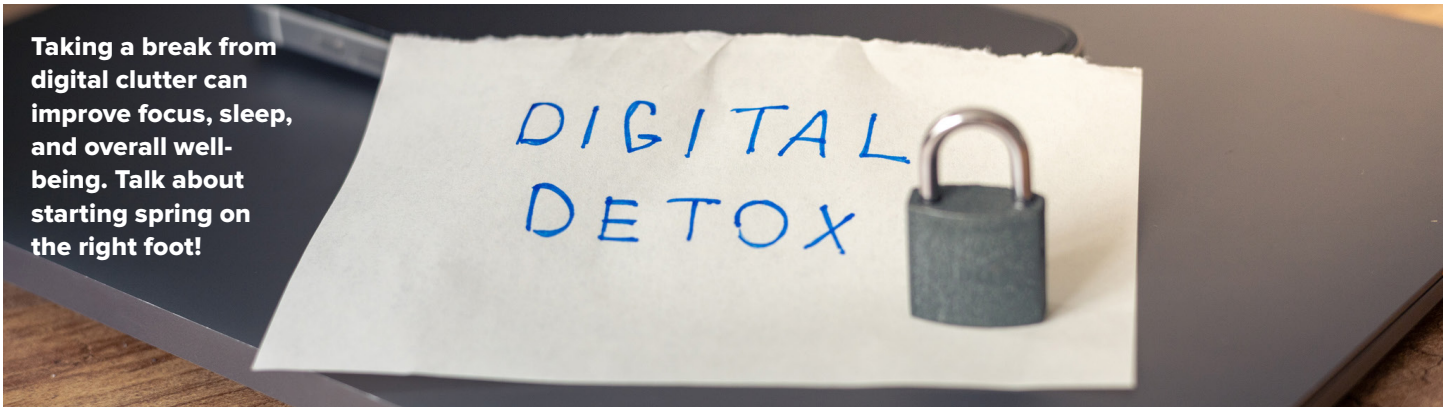

Taking a break from digital clutter can improve focus, sleep, and overall well-being. Talk about starting spring on the right foot!

DETOX YOUR DIGITAL LIFE

Spring cleaning includes decluttering your digital life to improve mental clarity and to minimize or eliminate stress. Consider incorporating the following into your daily routine:

- **Reduce screen time.** Set limits for social media and aim for tech-free evenings. On many devices, these limits you set can easily be programmed.
- **Unsubscribe and delete what you don't need.** Set aside time this week to delete old emails, unused apps, and distracting notifications.
- **Organize your files.** Create folders for easy access and backup important documents with an external hard drive.
- **Limit news and social media exposure.** Too much information can be overwhelming!

REFRESH YOUR HOME, REFRESH YOUR MIND

Spring is all about embracing fresh starts—whether by cleaning your home, clearing mental clutter, or embracing healthier habits. By removing allergens, organizing your space, and incorporating green cleaning methods, you'll set yourself up for a healthier, happier season.

For more wellness tips and mental health support, explore BCBSIL Community Connect page and ComPsych EAP's counseling services. **Enter Web ID: BCBSILEAP**. A fresh start is just a few small steps away!

Found this week's edition of Wellness Wednesdays to be helpful? Spread the word to your co-workers so they too can make healthy lifestyle choices a priority in 2025.

SOURCES: *Cleveland Clinic*, *Northwell Mather Hospital*, *Reframed*