

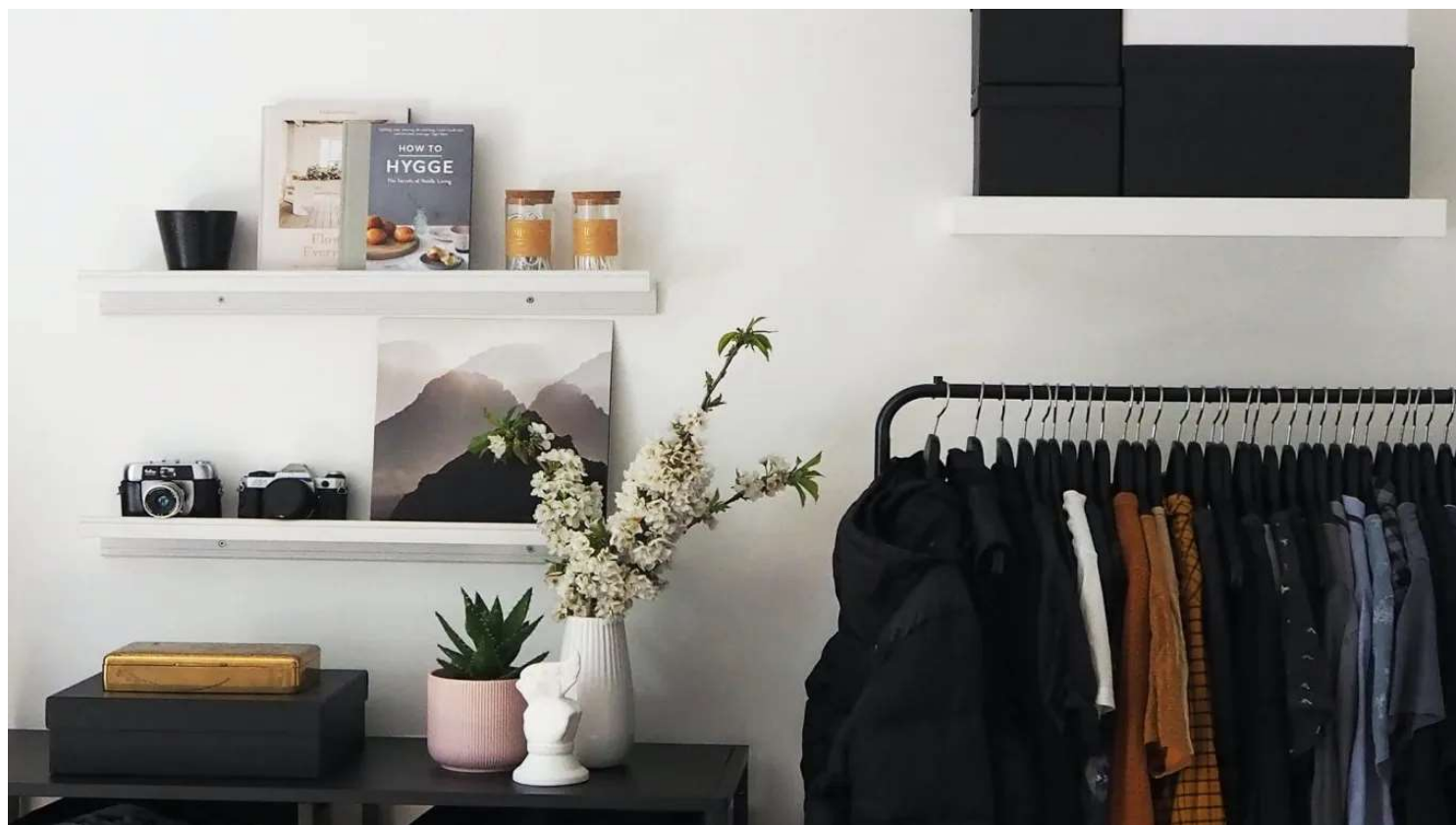
HOMES

Expert Speak: The psychology behind cleanliness

Our experts tell us about the relationship between a clean house and our emotional-and-mental wellbeing

By Pooja Khanna Tyagi

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Did you know you can reduce anxiety by having a clean, organised home?

There is nothing more relaxing and satisfying than entering a clean and well-organised home. Even after dusting, de-cluttering and organising a corner, a cabinet or an overloaded wardrobe, there's an

inner sense of peace. Ever wondered why we feel so calm in well put together spaces? As per

scientific studies and according to psychiatrists, a clean, hygienic and well-organised home impacts us psychologically.

Reduces Anxiety

“Cleaning a home burns calories and is also good for our body because it releases endorphins or feel-good chemicals within the brain. Therefore activities like cleaning, de-cluttering and organising the home reduce anxiety and has a positive effect on our mental health. Additionally, it is a therapeutic activity because it reduces screen time by keeping you away from the TV or mobile and allows you to spend more time with yourself,” says Dr Swati Mittal, consulting psychiatrist at Fortis Noida and Swastik Assist Homes.

Ensures Happier Living

“Decluttered and organised surroundings affect our mental and physical state in ways we can't imagine. From having more time for family to creating a stress-free life, good organisation contributes to happier living. One of the biggest benefits of decluttering, is creating more time to spend on what is meaningful for us—be it at home, at work or just with ourselves,” says Gayatri Gandhi, professional organiser—India's first certified KonMari consultant & Founder, Joy Factory.

Improves Focus and Performance

“A clean home and surroundings boost confidence and bring in a sense of fulfilment and motivation. If our surroundings are in order then we are in order and can perform better,” says Dr Jinesh Shah, Consultant Adult and Child Psychiatrist, Apollo Hospitals, Ahmedabad. Also “cleaning the home helps one to clean the mind, body and soul and create a peaceful surrounding. Therefore cleanliness supports good clarity in thought and helps one to organise oneself in a better way” suggests Dr Mittal.

According to Gandhi, “Physical clutter competes for your attention, decreases performance, reduces focus and increases stress. We seldom acknowledge the cause of our problems to be clutter and blame

other factors to be obstacles in our life. Hence effective organisation helps us save time, space, money and bring in calm, composure and comfort in our lives.”





A clean home boosts confidence and brings in a sense of fulfilment

Cleaning During the Pandemic

“The focus on cleaning and sanitising of different surfaces during the pandemic has been stressful and created anxiety in many people. The pandemic has specifically had a negative impact on people with OCD (Obsessive-compulsive disorder) who are obsessed with cleanliness as it aggravated their symptoms. Never ignore signs like a cluttered space, unhygienic living conditions, lack of personal hygiene and a person's apathetic approach towards life as it is a clear sign of depression which requires immediate medical attention,” advises Dr Shah.

However, Dr Mittal concludes that “the pandemic has emerged as a blessing which taught us to be flexible in terms of cleaning, organising and sharing the workload of doing the household chores together.”

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