

# HERE'S

# TO HEALTH



## The Power of Cleaning

- 1. STRENGTHEN THE IMMUNE SYSTEM:** Dust, mold, mildew, and pet dander can be allergy triggers.
- 2. REDUCE STRESS AND DEPRESSION:** A clutter-free space has a positive effect on people's daily mood and ability to focus.
- 3. SLEEP BETTER:** With less stress comes better sleep.
- 4. PREVENT ILLNESS:** Keep surfaces clean to improve food safety and minimize the spread of harmful germs.
- 5. BOOST PRODUCTIVITY:** Looking at too many things at once interferes with your brain's ability to process information.

Deep cleaning does not need to be a one-season chore. Studies have shown that cleaning your home and workspace can boost overall well-being.



## CLEANLINESS EDITION



  
AssuredPartners

**Need help keeping your space clean? Click below for our cleanliness checklists.**

- Office Space
- Housekeeping

