



Mind Bites

Mindful cleaning



As the days start to get longer and warmer, many of us think about giving our homes a spring clean.

But have you thought about the same for your mind?

Everyday household chores such as washing up are a great opportunity to practise mindfulness without taking extra time out of your day.

A personal story



Emma Cooper
Department for
Education

I feel a lot more relaxed when I have a clean and tidy house.

I find sorting out my wardrobes and cupboards very satisfying and love the smell of fresh laundry!

I am definitely going to try out some of the ideas for practising mindfulness while I am doing the washing up and other jobs around the house.

Share your story by emailing:
MeadenFamily18@gmail.com

Tips to clean mindfully



Washing up - notice the temperature of the water on your hands and the scent of the washing up liquid. You could also focus on what you see out the window.



Folding laundry - focus on how the fabric feels and smells. Notice the different colours and patterns of the clothes. Notice how you fold the laundry.



Cleaning surfaces - focus on the texture of the cloth in your hand. If your sweeping the floor, notice the repetitive action and the sound that it makes on the floor.



Watering plants - pay attention to each part of the flower, noticing the colours and textures. You could also focus on whether more or less water is needed.



Declutter – your home to relieve stress.

Useful links

- Mind – [about mindfulness](#)
- Headspace - [Spring clean your mind](#)
- Mindful Minutes - [Mindful cleaning practice](#)

Give us feedback [here](#).

