
April 2024



Issue 4

The scoop of the day

April 15 is National Laundry Day

There are more potential mental health benefits to be gained from engaging in simple chores like laundry. For one, it offers the opportunity to engage in mindfulness. For example, you might take care to notice the feel of different fabrics fresh out of the dryer or enjoy the scent of your laundry detergent. Research indicates that practicing this type of present awareness may be [beneficial to emotional and physical health](#) in a variety of ways, such as by:



- Reducing symptoms of anxiety and depression
- Lowering stress levels
- Improving attention and self-control
- Boosting sleep quality
- Sharpening memory

Doing laundry regularly could become part of a healthy routine you follow, which could help you avoid procrastination and feel a greater sense of control. It may also act as a building block for other healthy habits. For instance, you could read a book or cook a healthy lunch each time your laundry is in the washer. You might learn more about the chemical processes involved in removing stains, prompting you to learn about the chemicals in your other cleaning supplies or learn to follow more complicated laundering instructions for delicate items, teaching you more about the fabric itself. Plus, [routines may be especially beneficial](#) for neurodivergent individuals like those with ADHD, as they could help decrease overstimulation and increase dopamine production.

Research on the topic of chores reveals other possible health advantages of engaging in this kind of household task, particularly for certain groups. For example, consider a study from 2019 that suggests that older adults who routinely engage in housework may experience [better overall health and even increased longevity](#)—perhaps because it can be a source of light exercise and cognitive stimulation.

For children, regularly helping with household tasks like laundry may benefit them for years to come. Another study from 2019 indicates that children completing chores regularly during the early elementary school years may be associated with [improvements in a variety of areas](#), including test scores, peer relationships, future life satisfaction, and self-efficacy. Learning to take care of their own chores as a child - including learning to

wash their own clothing, clean their living space, cook meals, etc. - may also help your children be self-sufficient as adults.



Water Conservation Tips for Laundry

- Wash only full loads in your washing machine.
 - Use the shortest cycle possible for washing clothes, and use the "suds-saver" feature if your machine has one.
 - Use only cleaning products that will not harm the environment when they are washed away after use. Look for "environmentally friendly" products when shopping.
-

Remember to come to our next meeting. Always the 3rd Thursday of the month at Church of the Nazarene.

Come early and share a meal with us – generously donated by our sponsors – and meet your neighbors.

Thank you for visiting our website www.riveroakscivicsassociation.com.
