

PERSONAL HYGEINE

What is personal hygiene and why is it so important?

- Personal hygiene includes the things that we do to keep ourselves and our environments clean and tidy.
- It might include things like washing and wearing clean clothes regularly to keep our skin healthy and make sure we smell fresh. It might also include tidying our room so there is no clutter or rubbish.
- Personal hygiene is important because it helps us stay healthy, benefits the people around us and contributes to our overall wellbeing and mental health.



Why this can be difficult:

- Challenges with finding the time when I am busy with work or education.
- It can be difficult to feel motivated and able to keep up with hygiene tasks, especially if I am feeling low.
- Certain ways of keeping clean and products that we often use can lead to sensory overwhelm such as the sensation of washing hair or brushing teeth, and the smell of deodorant or soaps or the texture of cleaning cloths.
- I might need more help with knowing how to carry out personal hygiene tasks or help with being motivated.



PERSONAL HYGEINE TIPS:

I could try:

- Using fragrance-free soaps and cleaning products.
- Setting alarms or reminders on my phone to help me remember tasks such as changing my pad when I am on my period or brushing my teeth
- Writing up and following a daily schedule where I tick off tasks as I do them.
- Making cleaning more appealing by decorating my space or where I store my products to make it more motivating to keep it clean and tidy.
- Competing with myself to see how quickly I can finish the task.
- Asking trusted people close to me for advice or to show me how to do things.



I could think about how I work tasks around things that help me regulate. This might include:

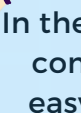
- Doing a task I don't like before something that I really enjoy so it feels rewarding. For example, washing my hair before watching my favourite programme or eating my favourite food.

I can also plan to have some relaxing time to recharge or engage in my interests before I do personal care tasks to ensure I'm regulated before I start.

- Other examples might be wearing ear defenders while I clean my room or wearing my comfiest dressing gown after I shower.



PERSONAL HYGEINE TASK SHEET EXAMPLE:

Tasks:	How often can I do them?	How do I feel about doing it?
Brushing teeth	e.g. twice a day - when I wake up and before bed	
Showering	e.g. every day before I put on clean clothes	
Washing hair	e.g. every other time I shower	
Putting clothes in the wash	e.g. every wear for pants, socks and t-shirts - every 2 wears for jeans and hoodies	
Using deoderant	e.g. once a day after every shower	
 I can add other tasks if I have more or, change tasks already written.		 In these columns, I can circle how comfortable I am with or how easy it is for me to do the task.

Tasks:	How often can I do them?	How do I feel about doing it?
Making my bed	e.g. every day when I get out of bed	
Changing my bed sheets	e.g. once a week on Sundays	
Hoovering	e.g. every other day in my bedroom	
Taking the bins out	e.g. on Thursdays because bin collection is on Fridays	
Tidying up	e.g. every day before I go to bed	
Washing up	e.g. every day after I have used things to cook or eat from	
Wiping down surfaces	 I can allow myself to rest or skip a less important task if I feel overwhelmed - some days it might be harder to take care of myself and my space than others. I might be able to do more one day, and less the next day - this is ok and happens to everyone.	

MY PERSONAL HYGIENE TASKS:

Tasks:	How often can I do them?	How do I feel about doing it?
Brushing teeth		    
Showering		    
Washing hair		    
Putting clothes in the wash		    
Using deoderant		    
		    
		    

Tasks:	How often can I do them?	How do I feel about doing it?
Making my bed		    
Changing my bed sheets		    
Hoovering		    
Taking the bins out		    
Tidying up		    
Washing up		    
Wiping down surfaces		    
		    
		    

MY PERSONAL HYGIENE TASKS:

Tasks:	How often can I do them?	How do I feel about doing it?
Brushing teeth		☐ ☐ ☐ ☐ ☐
Showering		☐ ☐ ☐ ☐ ☐
Washing hair		☐ ☐ ☐ ☐ ☐
Putting clothes in the wash		☐ ☐ ☐ ☐ ☐
Using deoderant		☐ ☐ ☐ ☐ ☐
		☐ ☐ ☐ ☐ ☐
		☐ ☐ ☐ ☐ ☐

Tasks:	How often can I do them?	How do I feel about doing it?
Making my bed		☐ ☐ ☐ ☐ ☐
Changing my bed sheets		☐ ☐ ☐ ☐ ☐
Hoovering		☐ ☐ ☐ ☐ ☐
Taking the bins out		☐ ☐ ☐ ☐ ☐
Tidying up		☐ ☐ ☐ ☐ ☐
Washing up		☐ ☐ ☐ ☐ ☐
Wiping down surfaces		☐ ☐ ☐ ☐ ☐
		☐ ☐ ☐ ☐ ☐
		☐ ☐ ☐ ☐ ☐