

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:







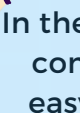
- Doing a task I don't like before something that I really enjoy so it feels rewarding. For example, washing my hair before watching my favourite programme or eating my favourite food.








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 TASKS:

Tasks:	How often can I do them?	How do I feel about doing it?
		    
		    
		    
		    
		    
		    
		    

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MY WEEKLY SCHEDULE:

Example:

MONDAY	Task:	make bed	Brush teeth (morning)	Shower or bath	Wash hair	Used deodorant	Put on clean clothes	Put laundry in basket
	Done?	✓	✓	✓	✓	✓	✓	✓
	Task:	hung towel up	Wipe down surfaces	 <p>I can write my tasks I want to do on each day. Each day might look different. If I do not complete a task, that is ok, these are guidelines for me to follow.</p>				Brush teeth (before bed)
	Done?	✓	✓					✓

TUESDAY	Task:							
	Done?							
	Task:							
	Done?							

WEDNESDAY	Task:							
	Done?							
	Task:							
	Done?							

THURSDAY	Task:							
	Done?							
	Task:							
	Done?							



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 WEEKLY SCHEDULE:

MONDAY	Task:							
	Done?							
	Task:							
	Done?							

TUESDAY	Task:							
	Done?							
	Task:							
	Done?							

WEDNESDAY	Task:							
	Done?							
	Task:							
	Done?							

THURSDAY	Task:							
	Done?							
	Task:							
	Done?							



I can allow myself to rest or skip a task if I feel overwhelmed - some days it might be harder to take care of myself and my space than other days. That is ok!

MY WEEKLY SCHEDULE:

MONDAY	Task:							
	Done?							
	Task:							
	Done?							

TUESDAY	Task:							
	Done?							
	Task:							
	Done?							

WEDNESDAY	Task:							
	Done?							
	Task:							
	Done?							

THURSDAY	Task:							
	Done?							
	Task:							
	Done?							



I can allow myself to rest or skip a task if I feel overwhelmed - some days it might be harder to take care of myself and my space than other days. That is ok!

MY WEEKLY SCHEDULE:

FRIDAY	Task:							
	Done?							
	Task:							
	Done?							
SATURDAY	Task:							
	Done?							
	Task:							
	Done?							
SUNDAY	Task:							
	Done?							
	Task:							
	Done?							

How did I feel about each day's tasks?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
