REMEMBER TO CREATE YOUR

Room To Recharge

Daily

- Tidy bed space
- Wash dishes
- Flush out air for 10 minutes
- Open blinds for natural light
- Put dirty clothes in hamper
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Weekly

- Clear Surfaces
- Take out the trash, compost, and recycle
- Wash laundry
- Schedule rest time
- De-clutter fridge and food
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Monthly

- Check out cleaning supplies
- Cook a comfort meal
- De-clutter desk/class material
- Self care/no screen-time night
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WWU Housing Facilities

UNIVERSITY RESIDENCES

WESTERN WASHINGTON UNIVERSITY
MAKE WAVES.