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## **Survey Explores How a Clean, Organized Home Impacts Women's Well-Being**

*Maid Brigade Aims to Understand the Factors Affecting the Challenges and Aspirations of Women*

ATLANTA— Home, family, and work responsibilities prevent many women from focusing on personal health goals and enrichment. But, how does a clean, organized home environment impact stress levels and affect physical and mental well-being? A new survey by [Maid Brigade](#), the leading maid service company, aims to explore that and more as part of the company's consumer health advocacy efforts to improve the health and well-being of women.

"Women have a lot of guilt associated with not feeling like they can juggle it all and homekeeping often takes a back seat," says Marie Stegner, consumer health advocate and blogger for Maid Brigade. "At Maid Brigade, we are doing what we can to provide women with information and practical advice to help them in their quest for daily wellness."

A previous Maid Brigade survey revealed that more than 78 percent of women feel they work a "second shift" when it comes to their daily life responsibilities. According to the [American Psychological Association](#), almost half of all women (49 percent) they surveyed said their stress has increased over the past five years.

And no wonder. In a 2013 study by the [Pew Research Center](#), "breadwinner moms" are the sole or primary provider in 40 percent of households with children under the age of 18 in the United States. This compares to just 11 percent in 1960. Of those "breadwinner moms," 5.1 million (37 percent) are married mothers who have a higher income than their husbands and 8.6 million (63 percent) are single mothers.

Women of all ages are encouraged to take the Maid Brigade survey at [www.maidbrigade.com/2014survey](http://www.maidbrigade.com/2014survey).

All participants will be entered in a drawing to win a \$250 house cleaning from Maid Brigade (or cash equivalent), plus a \$50 Godiva gift certificate, and a \$100 spa gift certificate. Survey results will be available in late spring at [www.maidbrigade.com](http://www.maidbrigade.com).

### **About Maid Brigade**

Headquartered in Atlanta, Maid Brigade is the only house cleaning service that is Green Clean Certified® with more than 400 franchise service areas in the United States and Canada. Established in 1979, Maid Brigade is the green cleaning industry leader and has a longstanding legacy of providing quality customer service and consistent and thorough cleaning using the most advanced techniques and equipment. The company has also implemented a consumer advocacy program in response to reports from the Environmental Protection Agency linking

chemicals in traditional cleaning products to a wide range of health risks. For more information visit [www.maidbrigade.com](http://www.maidbrigade.com) or call 866-800-7434.

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