

# Having a bad day? Try washing your hands

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## ***WTOP:***

WASHINGTON — Washing your hands, taking a shower or even imagining cleaning up can clear away a sense of immorality, feeling unlucky or having doubts.

Researchers at the University of Michigan reached this conclusion after conducting [several studies](#) showing the act of removing residue from your body corresponds to perceptions in your mind.

One example of the strength of that body and mind link is how people respond to telling a lie and whether the lie is spoken or typed in an email. People voicing a lie respond better to mouthwash afterward. While people typing a lie show preference for hand sanitizer.

Read the whole story: [WTOP](#)