

PROVEN WAYS TO

Make Your Home Positive



Use Scents

Place light floral or vanilla-scented candles in the living room, as these scents are proven to brighten your mood.

Use aromatherapy soap in your kitchen to make dishes a breeze.

Treat yourself to a scented bath bomb for a spa day at home.

Use a scented plug-in in the bedroom to drift off with a relaxing scent like lavender or jasmine.

Get More Natural Light

Open all the blinds you can during the day and your home will instantly feel more cheery.

Install window filters to allow light in without compromising privacy.

Use large mirrors in dim rooms to reflect more light.

Opt for daylight-tinted light bulbs in offices and workspaces to boost productivity.

Grow Plants

Get low maintenance plants like Pothos Ivy and Aloe so you don't have to stress.

Keep herbs in your kitchen and incorporate fresh flavors in your meals.

Hang eucalyptus from your shower head, and the steam will release a natural refreshing scent.

For dark bedrooms, try plants like the Chinese Evergreen or Bromeliad that need almost no sunlight.

Decorate

Hang pictures of green fields or forests for a simple and proven mood-booster.

Share photos of loved ones and family members in your living room.

On your next vacation, focus on taking pictures and to hang on your walls to reminisce on the good times you had.

Display your favorite paintings or prints, as art has been known to increase happiness.

Promote Social Spaces

Invest in a grill or large table in order to give yourself an excuse to have people over.

Arrange living room furniture so seating faces each other instead of a TV.

If you live alone, consider getting a pet to keep you company.

Next time you're on a shopping spree, consider buying a group activity like a board game.

Use Color

Paint your walls green to promote happiness in your living space.

Use sky blue in your office to reduce stress and promote productivity.

Use yellow in a craft room or studio to stimulate creativity.

Use a muted blue for a peaceful bedroom color that is sure to relax you.

Use Organic Shapes

Opt for a curved headboard rather than a square one for a more calming effect.

Use round couch pillows to promote even more relaxation.

Hang round mirrors or picture frames.

Instead of a traditionally square area rug, try a circular one.

Be Mindful of Noise

Invest in heavy curtains and window sealant to reduce outside street noise as much as possible.

Change your air filter every 3 months to keep your system humming along quietly.

Don't leave a TV running for background noise – embrace the tranquility of silence.

Play music that makes you happy, or go with a scientifically proven mood booster, like Clair de Lune.

Get Organized

Before you leave a room, take 5 minutes to restore it to how you left it.

If you can't throw the clutter out, use storage baskets to reduce the visual weight of clutter.

When in doubt, sort by size. From your closet to your bathroom vanity, sorting by size goes the extra mile in reducing visual clutter.

Utilize hooks. Add some hanging space to the inside of cabinets or the back of your closet door to double the storage space in your home.