



# weekly brunch

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I wanted to continue the topic of last weeks brunch with a few more tips on wellbeing.

Designing a space with wellbeing in mind means incorporating elements that promote happiness, ease, and comfort. Playful shapes and curves, for instance, can add softness to a space while also creating a sense of flow that puts you at ease. An example of this could be a wavy-edged headboard or a curved sofa to give an impression of movement, adding to the playful atmosphere.

Another way to promote wellbeing is by maximising natural light in your home and layering lighting. The absence of natural light can make a space feel gloomy and uninviting, so it's important to ensure plenty of light sources are available. You can mix various table and floor lamps throughout the space, which whilst adding a personal touch will enable you to customise the mood. Eye-level options and cleverly concealed designs can also create an inviting atmosphere.

Playing with scale is another way to evoke happy memories from childhood. Adding oversized elements such as a headboard, chair, or cushion can make a space feel cosy and familiar. Mixing two patterns, for example, can be reminiscent of childhood bedrooms and add a fun spin to an otherwise serious look.



Adding bold colours to architectural features can make a joyful statement without overpowering the space, for example painting the doors, architraves & skirtings in bold colours for impact, or using more daring colours such as a bright coral shade for the interior of a drinks cabinet – which fills the room with happiness every time it's opened. It's essential to choose colours that evoke positive emotions and bring a sense of calm and comfort.



There are many other ways to promote wellbeing in your home. One important consideration is the use of natural materials, such as wood, stone, and plants. These materials can create a sense of connection to nature and promote feelings of calm and relaxation. Incorporating indoor plants, for example, can help purify the air, reduce stress, and improve overall mood.



Another important factor to consider is the layout and functionality of your space. A cluttered and disorganised space can create feelings of anxiety and stress, while a well-organised and functional space can promote a sense of calm and productivity. It's essential to create a space that supports your daily routines and activities while also being aesthetically pleasing.

Finally, it's important to consider the role of technology in your home environment. While technology can offer many benefits, it can also be a source of distraction and stress. It's essential to create a balance between technology use and unplugged time. Creating designated technology-free zones in your home, such as a reading nook or a meditation space, can help promote mindfulness and reduce stress.



Creating spaces that are conducive to gathering with family and friends is another important aspect. Open plan kitchens, dining and family rooms are a popular choice for many homeowners because they allow for a seamless flow of movement and promote social interaction. These spaces provide a comfortable and inviting environment to share a meal, and enjoy each other's company.



In conclusion, the home environment has a significant impact on our overall wellbeing. By incorporating design elements that promote happiness and comfort, such as playful shapes and curves, natural light, and bold colours, we can create a space that evokes positive emotions. Additionally, incorporating natural materials, creating a well-organised and functional space, and finding a balance between technology use and unplugged time are also crucial factors in promoting wellbeing in our homes. By prioritising our wellbeing in our home environment, we can create a space that supports our mental and emotional health and helps us feel our best.

*Andrea xx*