weekly brunch

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If you don't

love it

or

use it,

it's clutter

The home environment is more than just a physical space where we eat, sleep, and relax. It's also the place where we spend most of our time, where we create memories with our loved ones, and where we feel safe and secure. As such, the home environment can have a significant impact on our overall wellbeing. In this weeks 'brunch' we'll explore the reasons why the home environment is so important for our mental and physical health.

The home environment affects our mood and emotions

The way we design and decorate our homes can have a significant impact on our mood and emotions. For example, a cluttered and disorganized home can cause feelings of stress and anxiety, while a clean and organized home can promote a sense of calm and relaxation. Additionally, the colors we choose for our walls and furniture can also have an impact on our mood. For example, warm colors like red and orange can promote feelings of energy and excitement, while cool colors like blue and green can promote feelings of calm and relaxation.
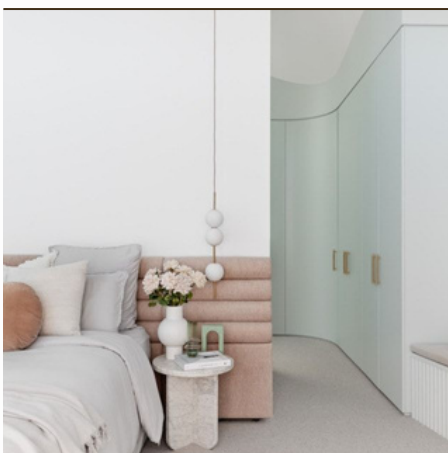
The quality of our sleep is directly affected by our home environment.

A comfortable and peaceful bedroom can promote restful sleep, while a noisy and uncomfortable bedroom can lead to sleep disturbances and insomnia. Factors such as temperature, lighting, and noise levels can also impact our sleep quality. For example, a dark and quiet room can promote deep and restful sleep, while a bright and noisy room can disrupt our sleep patterns considerably.

The home environment affects our relationships and our productivity.

For example, a home that is cluttered and disorganized can lead to conflicts and tension between family members, while a home that is clean and organized can promote a sense of harmony and cooperation. Additionally, the design and layout of our homes can also impact our social interactions, one that is designed with open and welcoming spaces can promote socialising and interaction between family members and guests. Likewise , a home that is designed with a dedicated workspace can promote focus and productivity, while one that lacks a designated workspace can lead to distractions and inefficiency. It may be as simple as dual purposing a guest room for example to create that focused work space you need.

.In conclusion, the home environment has a significant impact on our overall wellbeing. From our mood and emotions to our physical health, relationships, and productivity, the design and layout of our homes can impact every aspect of our lives.

.As such, it's important to create a home environment that promotes our mental and physical health, and that allows us to thrive in all areas of our lives. It must be considered in regard to each & every person living there from the youngest to the oldest and in order to future proof your home there is a list of considerations to need to address before embarking on any major project.

 I offer digital design packages to help & support a wide audience. If you are feeling overwhelmed and need some help please get in touch to find out more or visit my website. My services range from mood boards to help you plan room layouts & colour schemes to sourcing furnishings & accessories, 3D visualisations & full project management.

I'd love to hear about your challenges & wins with your own projects and happy to focus on some of the topics or burning questions you have in future 'brunch' updates if you DM me & let me know.
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Andrea xx