



How to Create a Stress-Free Home Environment



ABSTRACT

A certain amount of stress in everyday life is unavoidable. Family life, work, relationships, finances and other aspects of living in the modern world all come with their stressful moments, and most people can deal with this stress without too many negative consequences.

However, too much stress can have adverse health effects on both physical and mental health and can cause :- Depression, particularly in people who have experienced depression before, Headaches, Lack of energy and problems concentrating, Stomach problems and lack of appetite, Increased risk of high cholesterol and heart attack. So, it's important to make sure your home is a haven where you can retreat and relax at the end of a busy day.

INTRODUCTION

These days it's hard not to get overwhelmed once in a while. Between juggling work, family, and other commitments, you can become too stressed out and busy. But you need to set time aside to unwind or your mental and physical health can suffer.

Learning how to manage your stress takes practice, but you can -- and need to -- do it. Here are ways to make it easier.

I. 10 Tips to Manage Stress

1.Exercise

Working out regularly is one of the best ways to relax your body and mind. Plus, exercise will improve your mood. But you have to do it often for it to pay off.

So how much should you exercise every week?



Work up to 2 hours and 30 minutes of moderately intense exercise like brisk walks or 75 minutes of a more vigorous exercise like swimming laps, jogging or other sports.

Focus on setting fitness goals you can meet so you don't give up. Most of all remember that doing any exercise is better than none at all.

2.Relax Your Muscles

When you're stressed, your muscles get tense. You can help loosen them up on your own and refresh your body by:

- Stretching
- Enjoying a massage
- Taking a hot bath or shower
- Getting a good night's sleep

3.Deep Breathing

Stopping and taking a few deep breaths can take the pressure off you right away. You'll be surprised how much better you feel once you get good at it. Just follow these 5 steps:

1. Sit in a comfortable position with your hands in your lap and your feet on the floor. Or you can lie down.
2. Close your eyes.
3. Imagine yourself in a relaxing place. It can be on the beach, in a beautiful field of grass, or anywhere that gives you a peaceful feeling.
4. Slowly take deep breaths in and out.
5. Do this for 5 to 10 minutes at a time.

4.Eat Well

Eating a regular, well-balanced diet will help you feel better in general. It may also help control your moods. Your meals should be full of vegetables, fruit, whole grains, and lean protein for energy. And don't skip any. It's not good for you and can put you in a bad mood, which can actually increase your stress.

5.Slow Down

Modern life is so busy, and sometimes we just need to slow down and chill out. Look at your life and find small ways you can do that. For example:

- Set your watch 5 to 10 minutes ahead. That way you'll get places a little early and avoid the stress of being late.
- When you're driving on the highway, switch to the slow lane so you can avoid road rage.

- Break down big jobs into smaller ones. For example, don't try to answer all 100 emails if you don't have to -- just answer a few of them.

6. Take a Break

You need to plan on some real downtime to give your mind time off from stress. If you're a person who likes to set goals, this may be hard for you at first. But stick with it and you'll look forward to these moments. Restful things you can do include:



- Meditation
- Yoga
- Tai chi
- Prayer
- Listening to your favorite music
- Spending time in nature

7. Make Time for Hobbies

You need to set aside time for things you enjoy. Try to do something every day that makes you feel good, and it will help relieve your stress. It doesn't have to be a ton of time -- even 15 to 20 minutes will do. Relaxing hobbies include things like:

- Reading
- Knitting
- Doing an art project
- Playing golf
- Watching a movie
- Doing puzzles
- Playing cards and board games

8. Talk About Your Problems

If things are bothering you, talking about them can help lower your stress. You can talk to family members, friends, a trusted clergyman, your doctor, or a therapist.



And you can also talk to yourself. It's called self-talk and we all do it. But in order for self-talk to help reduce stress you need to make sure it's positive and not negative.

So listen closely to what you're thinking or saying when you're stressed out. If you're giving yourself a negative message, change it to a positive one. For example, don't tell yourself "I can't do this." Tell yourself instead: "I can do this," or "I'm doing the best I can."

9. Go Easy On Yourself

Accept that you can't do things perfectly no matter how hard you try. You also can't control everything in your life. So do yourself a favor and stop thinking you can do so much. And don't forget to keep up your sense of humor. Laughter goes a long way towards making you feel relaxed.

10. Eliminate Your Triggers

Figure out what are the biggest causes of stress in your life. Is it your job, your commute, your schoolwork? If you're able to identify what they are, see if you're able to eliminate them from your life, or at least reduce them.

If you can't identify the main causes of your stress, try keeping a stress journal. Make note of when you become most anxious and see if you can determine a pattern, then find ways to remove or lessen those triggers.

II. 5 Little Ways to Make Your Home Feel More Relaxed

Let's face it: Life can be overwhelming. We all seem to eventually face common stressors, like financial woes, major life changes, perpetually alarming news cycles, and

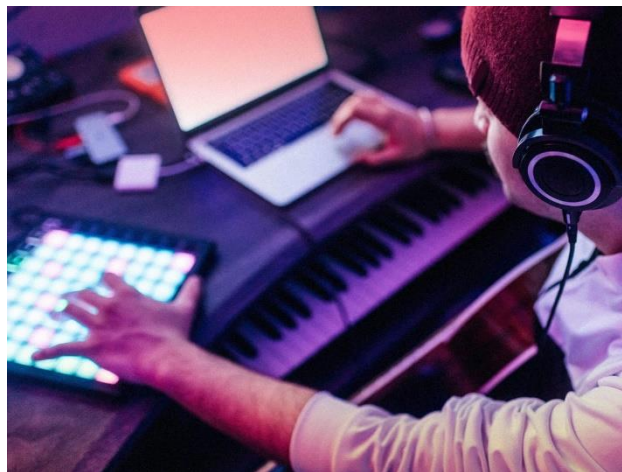
more on a daily basis. So it's important to learn how to de-stress and carve out a safe, calm space for ourselves.

One worthy goal on the path to peace? Transforming our dwelling into an oasis—because home should be the one place we can go to recharge.

To create a relaxing home, start by evoking all of the senses—touch, smell, and sound included. Then, consider limiting the amount of time you spend catching up on the news each day. Below are five mini-moves for a calmer home, starting right now.

Set the Soundtrack

Queue up some music that never fails to put you in a good mood, and let that be the "soundtrack" for your home. Keep the record on your record player or have the playlist ready to go on Spotify, and whenever you need a pick-me-up or when you get home from a long day, switch on your favorite songs.



Choose a Signature Scent

You know how some stores have a signature scent that always seems to waft through the air—why not choose one for your home? Let it be something soothing, like lavender or palo santo. You can either use an essential oil diffuser or an incense burner if you have one, or mix up a spray from distilled water and essential oils.

Another option: choose a nostalgic scent that brings back warm memories. Freshly baked cookies, anyone?

Focus on Soft Surfaces

To make your entire home textural and cozy, layer on comfy throw blankets and pillows. Start with the areas where you're spending the most time, whether that's the living room sofa, your bed, or a home office area. Search the linen closet or storage chest for spare blankets you haven't pulled out in a while.

Soften the Lighting

Harsh overhead lighting can ruin the relaxed vibe in any home. If you can, use non-traditional lighting. Add fairy lights or switch off the overheads and turn on floor or table lamps. If your lamps have adjustable settings or are on dimmers, switch them to a lower setting when you're relaxing with a puzzle or watching TV as a family.

Establish Some Screen-free Time

Maybe it's after 9 p.m. or for two hours after dinner, set a specific time for your household to go screen-free. It's helpful to give yourself a chance to decompress (and your eyes an opportunity to rest).



What can you do instead of scrolling for hours? How about working on a craft, reading, painting, or meditating, either solo or with your family or roommates?

III. How to Maximize Natural Light in Your Home

As the days shorten, daylight hours become more and more precious, and interiors that felt complete and colorful in summer may suddenly seem gloomy and subdued. To learn how to offset the effects of short days — especially in rooms that already suffer from low natural light — we talked to 11 Dering Hall designers experienced in making a little light seem like a lot more.

Position Mirrors in Key Corners

Mirrors can brighten a room overall, but they can also draw light into darker areas of a room. "I also using folding mirrored screens in dark corners of rooms to 'bounce' the natural light around a room, while enlivening the dark corner itself, maybe with an armchair, side table and floor reading light in front, says Michael Reeves



To amplify the look of natural light, it's important to layer it with a variety of light sources. "We normally recommend multiple light sources, so that you can change the lighting as needed to make it feel warm and comfortable," says Heidi Caillier, owner of Heidi Caillier Design.

Experiment with Light-Filtering, Solar Shades

Solar shades let in light while offsetting glare. "If a client is looking to maximize daylight and doesn't have to worry about privacy, I would recommend solar shades in the light filtering range that works best for them, somewhere between one and 10 percent," says Dean Sawyer, an associate in the interior design department at LDa Architecture & Interiors. "Unlined linen would also be a smart choice for curtains or drapes, as the looser weave gently filters the light."

Opt for Paint with Color

When working with darker colors, selecting paints with a color — even in a relatively neutral hue — may look better once the sun sets. Peter Tow of Tow Studios recommends using "paint tones with a lot of color in the pigment," especially if you prefer to go with a dark color.



"In this instance [shown above], we were careful not to use certain brown and beige colors that may come out looking khaki or green in certain light. The color we specified is a yellowish taupe — there's some color in the paint pigment, so it does not come out looking dull in the dark," Tow says.

Rely on Glazing

Glazing windows helps to mitigate glare during hours when sunlight is particularly strong, while also enhancing the amount of light that filters through the windows. Glazing is a technology that is constantly changing; recently, scientists have created perovskite-tinted windows that darken in heavy sunlight and harvest solar power.

"In large open plan spaces where we are involved in full renovation projects or new-builds, we like to introduce as much glazing as possible and in interesting formats to create light but also give visual impact," says designer Caz Myers.

Directly across from a window, a mirror bounces light around the room and reflects light as if it were a window. "I love using mirrors to create a second window effect in a space," says Denise McGaha of Denise McGaha Interiors. "By placing large mirrors or even an entire wall of mirror, I feel it can double the light in a room. As long as they reflect the natural light, the placement is completely up to you."

In the bathroom, dramatic, floor-length drapery can shut out the outside world when privacy is necessary, and open up to all incoming light when it's not. "I love designing window treatments for those bathrooms with large windows and lots of daylight," says Svetlana Tryaskina, owner of Estee Design in Toronto. "If space allows, I do floor-to-ceiling panels, using sheer linen or cotton fabrics, that work best in humid conditions. Adding a delicate trim to the panels always adds a luxurious feel to space."

Try a Textured Finish

A light, airy color is the most obvious choice for a dimly lit room, but even light colors can seem lackluster depending on the quality of the natural light and orientation of the room. If you opt for a dark color, metal accents and mirrors can help reflect light, and textured finishes may help to enrich natural light. "The color here is from Benjamin Moore's Century collection, which is a soft touch paint," says Tina



Ramchandani of Tina Ramchandani Creative, describing the room pictured above. "The soft touch feature adds texture to the walls, so walls are illuminated when enhanced by natural light." Ramchandani adds, "This color is Seraphinite P5. I also love Farrow & Ball's Plumett, 272, as it has a lot of depth and richness. It's a great backdrop for art, especially Old Master paintings."

Go Glossy (with Caution)

Glossy finishes can help reflect natural light; most designers, however, recommend a mix of matte and gloss finishes to create a more interesting design that won't fall flat. Michael Wolk of Michael Wolk Design Associates in Palm Beach, Florida, compares layering glossy and matte finishes to *chiaroscuro*, a painting technique that creates contrasting shadows and spaces of light. "Using matte and gloss finishes that absorb and reflect the existing light differently helps create the drama of chiaroscuro that Rembrandt and da Vinci used so effectively," says Wolk.

Sheer curtains are an easy way to bring light into a room. Sara Gilbane of Sara Gilbane Interiors recommends combining sheer treatments with a pattern and bordering them with solid-hued drapery to update the look. "Sheers with a pattern are nice," says Gilbane. "The pretty pattern on them can be the interest, and then put ivory drapes on either side."

Decide on a Mood

When selecting light fixtures to round out a poorly lit room, it's worth considering the mood you want to achieve — a bedroom or library, for example, might get away with a dark and cozy look, while a kitchen or breakfast nook might not. "Our lighting selections start with determining the function and the mood we are trying to evoke in a space," says Annette English of Annette English & Associates.

"It's important to balance both." Depending on the function of the space, task lighting is often necessary, whereas in other rooms, decorative lighting is more important to consider. An ornate chandelier might look like a fun choice for a home office, but if the client can't read their planner once the sun goes down, it needs to be complemented by other lighting choices.

IV. 15 Ways You Can Make Your Bedroom More Relaxing Right Now



Your bedroom is where you spend time regenerating, resetting, refreshing (really all the positive "re-words"). But while we're social-distancing and, thus, spending more and more time indoors, our rooms can feel less and less like a special sanctuary. Indeed, feelings of claustrophobia and restlessness are likely at an all-time high. But there are definitely little ways to bring the magic back to our personal spaces, and who better to tap than interior designers who are upgrading their bedrooms as they navigate this new stressful lifestyle themselves?



"This isn't about major overhauls; I just want to look back and say not only did I survive, but I thrived in the simplest ways that I could to maintain and appreciate the space that you worked so hard to create. We have to be realists about this and just be present and do the littlest things that make your environment feel like it's coming to life in a different way," she reminds us.

Ahead, find ten easy ways to upgrade your bedroom for a better oasis. And because shopping for a ton of new things isn't really an option either, we made sure to include things that you can do with what you already have lying around the house.

Tidy Up

First and foremost, you should make sure your bedroom is clean. It's not just better hygienically and aesthetically speaking, but it can also be less stressful. "None of us want be in this situation, but we're in it, so we can at least keep our spaces clean, which can it can make you feel like you're at least in control of your own room," Feldman says. With a clean, fresh space, there's less to overwhelm your senses. Plus, it'll help you appreciate the things you love about your room and see it's potential again.

Freshen Up the Walls

Whether you feel like embarking on an actual DIY project and repainting the entire bedroom or you just want to touch up your white walls, a little freshening up can go a long way. Check out our favorite bedroom colors and how to decorate around them here, or simply touch up your dry wall with a Magic Eraser to get rid of smudges and marks.



Keep Pillow Cases Fresh

This tip is especially helpful for anyone who has allergies. "Even taking off a pillow case and running it in the dryer for ten minutes (or simply letting it air out if you don't have access to laundry machines and spraying it with a fabric refresher) can make it feel more fresh and help reset things a bit," Feldman explains. "Ee' re always cautious about carpets for people who have allergies, too," so you may move a carpet out of your bedroom if you notice waking up with tons of allergies, she says.

Prep Your Bedside Table

Make sure you have everything you'll need before bed and throughout the night within reach so you don't have to get up and interrupt your sleep. Things like a noise machine, charger, carafe of whatever, a eye mask, lip balm, etc.

Get Rid of Clutter

Crawford also points out that decluttering can help you decide which items bring actual value and which do not. "I think rather than more things in the environment we hope to make calming, we're probably better off having fewer but more meaningful things," she says.

With that in mind, some good things to to keep in your bedroom could be "a stack of books that we've been meaning to read (or re-read) and now have the time to do so or a framed photograph of people and/or places we love," Crawford suggests. Then donate whatever items you don't need anymore.

Keep Florals Close

"If you have the luxury of getting anything like a flower near your bedside, take advantage of it," Feldman encourages. It may sound simple, but she believes that having a living thing next to the bed can help us "remember the simplicity of being alive."



Wrap Yourself In Something Soft

"Wrap your in something that actually makes your skin feel nice," she suggests. Allowing yourself to have other sensory experiences that help you focus on physical comforts and bring you outside of your head can make such a difference inn your mindset and mood. Feldman tells us she keeps cycling between two cashmere sweaters she splurged on, and the same can done with soft, comforting throw blankets.

Go Shopping In Your Living Room

"I keep trying to change the scenery," Feldman tells us. And it doesn't have to be anything dramatic. "I walked around my house yesterday and moved my picture frames. The ones in my living room are now in my bedroom.

I wanted to be able to look at photos that make me happy, so now that I'm spending more time inn the bedroom, I moved them in there" the designer says. Similarly, you could go "shopping" for new pillows in the family room or living room. It may sound like a small change but reminds us to be realistic about the changes we can actually make. "

Block Out Light

If you don't have blinds in your bedroom, or you've been having a hard time sleeping in because yours don't keep the light out enough, Feldman says you're probably overthinking it. "This is not a time for perfection, it's a time of getting by. Can you get a sheet out? take the corners of the sheets, take some tape if you don't even have nail. If not, try it with a table cloth, scarf, or pashmina. Get creative with larger fabric items." As long as it can block out more light or create privacy, it'll work.



Separate Your Work Space

If your bedroom is suddenly moonlighting as a home office, there are a few things you can do to signal the change in use-case as the work day comes to a close. Whether it's dragging in a side table and stool to work to, installing a floating shelf as a little desk, actually getting out of bed will help maintain it as your relaxing sanctuary as opposed to associating it with stress and deadlines.

Ditch Your Devices

"During this incredibly stressful time, I think it is more important than ever to have a place to retreat to from the constant influx of (bad) news and worrisome statistics, so to the extent that we can at least keep laptops and phones elsewhere over night, I think that's not a terrible choice. If that's one habit I can carry over from self-isolation into the future, I'll be delighted...looking for silver linings where I can," Crawford advises.

Swap Out Bulbs

"One of the things that comes up in every conversation is choosing the right light bulb, and whether or not that actually makes a difference," says Feldman. And they definitely. She always chooses LED soft white light bulbs for a gentle glow that's not too bright nor too dark. "I use it in every install, everything we do." Bulb-type aside, she also says lamps are key. "Overhead lighting is great for tasks or when you're looking for something, but, otherwise, ambient lighting is better."

Light Your Favorite Candles

"Unlocking a few other sensory moments is making me feel like I have a little more balance," the designer shares. Candles are great for stressful times because they can remind us of our favorite places and memories. Lighting one you love before you fall asleep can be very soothing. Just don't forget to blow it out!

Incorporate Earthy Pieces

"Any elements of the earth are powerful right now," Feldman believes. "I don't always know how or why but there's a power there. This can be anything from natural light to living, breathing florals, or any collections stones—even a marble bookend. We remind ourselves that the earth will be here to find us again, we just have to ride this out. I'm strengthened by the remembrance of those small things."

Make Your Bed

A small thing, sure, but making your bed can really help you begin your day and also feel more relaxed and fresh when you go to bed at the end of the evening. "Because if nothing else, you'll have accomplished at least one thing each day. But especially in this strange groundhog day situation we're all experiencing, making your bed and better yet, climbing into a bed that's been made at the end of the day helps delineate that day and yes, creates structure," Crawford explains.

V. Top 5 Cleaning Tasks To Uplift Your Mood

Did you know that post the Coronavirus (COVID-19) pandemic, around 29% of Australians have become addicted to cleaning? Among this percentage, 44% of young families and 43% of millennials spend time cleaning their homes daily. This increased motivation to clean started during the pandemic when most people were stuck at home and stressed about the virus.

So, cleaning more frequently helped them release this stress and improved their mood.

And now, that trend has stuck, and cleaning has become a way to alleviate your stress and make you feel more uplifted after a tiring day. If you also want to uplift your mood and join the cleaning bandwagon, you should try these five tasks recommended by bond cleaners in Perth.

1. Declutter Your Space



- The first and foremost task you should start with is decluttering your space.
- Around 54% of women spent most of their time decluttering their homes during the pandemic, as it helped them control their space and take their minds off things.
- You must declutter your home because the more clutter and chaos you have, the less focused you will be.
- You will also be less motivated to clean and perform any task because of the mess. This can lead to symptoms of anxiety and depression and also feelings of hopelessness.
- Thus it is essential to eliminate the extra items and organise the clutter in your home to help you feel more productive.
- When you start decluttering your space, you might also find things and objects that instantly trigger positive memories and uplift your mood.
- A more organised area is also easier to clean and will help you focus on other tasks like vacuuming and dusting.

2. Gardening And Mowing Your Lawns

Gardening and mowing your lawns have become a rising trend post the pandemic as people found it relaxing and rejuvenating. 51% of Australian men put on their garden gloves and started taking out the weeds, mowing lawns, planting new soil and seeds and tending to older plants and flowers.

It would be best if you also started gardening as it helps you feel closer to nature and puts you in a good mood instantly. You will automatically feel more relaxed when you are gardening as you get to enjoy the warm Australian sunshine.

3. Make Your Bed

Your bedroom is your safe space, and you should spend time cleaning it every day. Making your bed and putting on clean sheets and pillowcases will help you sleep better. A good night's sleep improves your mood and makes you feel less stressed and anxious.



Expert bond cleaners in Perth recommend that you start the day by making your bed so that you are motivated to take any task on. You will also feel more relaxed knowing you have a warm, clean bed to climb into at the end of the day.

4. Dusting Your Surfaces

- You feel more anxious and stressed if you are constantly surrounded by dirt and dust in your home.
- These dust mites are also harmful if ingested and can trigger allergies.
- So, you should get your cleaning cloth out and wipe all the surfaces in your home to get rid of this dirt.
- You can also make it fun by putting on your favourite playlists to instantly improve your mood.
- It would help if you also used white vinegar or baking soda to disinfect these areas to kill all germs and bacteria.
- This will make you feel more in control and safe and significantly improve your home's indoor air quality.
- You can always hire a cleaning expert who offers professional vacate cleaning Perth to do a deep cleaning of your home from time to time so that it is easier for you to maintain.

5. Vacuuming Your Home

Quality bond cleaners in Perth recommend that you vacuum your home every day. This is important to eliminate all the daily dirt and dust mites in your home. You can also place mats near the high-traffic areas to reduce the dirt on the carpets.

Make sure you use a vacuum with HEPA filters that are powerful enough to trap all bacteria and viruses and thus keep you safe. Seeing clean floors and carpets will also make you feel more at ease.



If you want a more deep cleaning of your carpets, you can ask professional cleaners to help you steam or dry clean them every two to three months. This deep cleaning has many health benefits as it will help eliminate embedded stains, pet scents, and dirt and brighten up your carpets. This will also make your home look brighter and clean and make you feel more uplifted.

Thus it is good to perform cleaning tasks like decluttering, making your bed, vacuuming, gardening and dusting to help boost your mood. You will feel more focused and organised, and having a clean home will make you feel more relaxed and safe.

CONCLUSION

If you're struggling to deal with stress or depression, you may benefit from professional counselling to help you to develop effective coping mechanisms and learn how to minimise the effects of stress on your health. You can also follow this guide to cope up with your personal and professional stress.

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