

6 Steps for a more peaceful space

Declutter With A Purpose

Declutter with purpose. Donate your no longer needed items to a local charity or sell them in order to purchase items that fit your personal style.

Add Soothing Sounds

Fill your space with soothing sounds. Surround yourself with music, a water feature, or the sound of laughter to make you feel happy and relaxed.

Choose Pleasant Fragrances

Choose fragrances that help you to relax. Burn candles, or incense to add peace and stillness to a room. Fragrances like Sage, Lavender or Frankincense are great aromas for changing the air.

Add Some Color

Add a pop of color to your decor. Colors activate different parts of the brain. Touch up your space with hints of yellow or green to boost your happiness and relaxation.

Incorporate Prints

Hang Prints with motivational and encouraging words. Hanging artwork with simple phrases like: Peace, Calm or Tranquility. Each time you enter your space your mind will be drawn to the picture and you will repeat the phrase, which is a form of affirming your desired outcome.

Add Some Greenery

Plants are a great way to liven up a room. Additionally, plants can help to create a relaxing atmosphere by lowering your blood pressure and help you to breathe deeper and easier.