Are You Stressed Out? Design Tips to Reduce Stress

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Are you stressed out? Stress is unavoidable in this hectic good life we all lead, but you can decorate and design your living and working spaces to help reduce and alleviate some of that stress.

Stress, without it there would be no life, but our homes are where we retreat to for both rejuvenation and reflection. Therefore, our homes should help to reduce stress levels in our lives. Scientific studies show that 42% of us feel 'used up' or 'burnt out' by the time we return home from work. Designing our rooms to help manage and reduce stress is an essential element for healthy living.

You don't need to change or redecorate your entire home. A few small changes and additions to the home can transform a room into a stress free oasis.

Begin with colour, certain colours are known to lower your heart rate, reduce blood pressure and have calming and soothing physical effects on the body. Anti stress colours include pale blues, lavender, lilac, neutrals, and shades of green.

Pale or soft blues are relaxing, inspiring and are known to uplift your spirit. Reminiscent of the endless blue sky or calming waters, blue will bring peace and harmony to both the soul and your room. Shades of lavender and lilac are as soothing as the herb itself. These shades have calming and tranquil effects on our bodies and emotions.

The Neutrals are incredibly restful and uncomplicated. Shades such as cream, latte, mushroom and stone are both soothing and peaceful. Neutral shades of brown provide and nourish our bodies with a sense of comfort and solidarity.

Green is the neutral of nature. When used in a room it is will evoke a sense of relaxation and comfort on the body. Green is also the colour of rejuvenation and new growth.

Texture, also provides us with soothing and calming physical effects. Good anti stress textures include soft chenilles, faux furs, distressed leather, wicker, velvet, Egyptian cottons and silk. Add texture to a space with towels, accent furniture pieces, area carpets, throws, toss cushions, drapery and upholstery fabrics.

Accessory items play an important role in reducing stress at home and at work. Surround your self with photo's, momentous, and artwork that reminds you of the people you love, good times, fond memories and happy thoughts. Fresh, fragrant flowers are also a good anti stress accessory.

Treat yourself to a spa experience at home. Fill the bathtub, add a few drops of your favorite bath oil, play some soft music or a nature sound effect CD, dim the lights; light a candle and soak your stresses away. Be sure to have some Egyptian cotton towels and a robe waiting for you when your exit the tub. Leave a basket full of your favorite stress fighting bath products in the bathroom at all times.

**Aromatherapy** helps to revive and calm the spirit. Use scented candles and essential oils throughout the home. Good stress reducing scents to use are lavender, clarysage, sandalwood, rosemary and rose. Follow your nose and choose scents that appeal to you.
Indoor water fountains provide the stimuli of a relaxing forest brook or seaside retreat. Choose from a variety of tabletop styles or an indoor pond for the physical and mental benefits of running water.

A good night’s sleep is essential for good emotional health. Buy the best quality mattress and bedding you can afford. Choose your bedding colours carefully to ensure they are both comforting and relaxing. A neutral palette is best, also keep patterns simple, nothing bold and over sized.

Clutter and disorganization are large contributing factors to our stress levels. Keep your home organized and clutter free. We use twenty percent of our belongings eighty percent of the time. If you don't use it, wear it or need it any more, box it or banish it. Be sure to label all boxed items for quick reference.

A few simple changes in your homes will improve the quality of your lives. Just ten minutes a day in a stressed reduced environment can help us to over come and prepare to face life's big and little challenges. Treat your self to a home that helps to reduce and manage the stresses in your life. Make your home stress free and simply sensational!

**Mediation CD**
- Morning exercise
- Energy walk
- Resonant tuning
- Cloudscapes
- Sleeping through the rain
- Dreamcatcher

**Bach Flower Remedies**
- Walnut

**Salt Lamps**