

Healthy Happy Home



H

ow do you feel when you walk into your home? Happy?

Calm? Overwhelmed by your 'to do' list?

In today's hectic world stress is always present, but your home shouldn't contribute to it. Your home either nurtures and supports you or it depletes your energy and leaves you exhausted. In today's frenetic world it is more important than ever to create a calm and peaceful space that allows you to recharge.

Would you like to create a healthier lifestyle and learn how to de-stress your home and life? Now, more than ever, home needs to be a retreat that wraps you up and makes you feel great again. I truly believe our homes have a great impact on our health and wellbeing, everything from your lighting to the colour of the paint you choose can affect your sleep habits, energy levels, and overall health.

Getting the small things in life right makes a big difference when it comes to living well. Finding beauty in the everyday and devising lovely ways to make modern living easier is the thinking behind My Unique Home.

It's all about inspiring you to create a healthy and happy home that supports your family's lifestyle goals - all for little or no money. After all, spending time in spaces we love can help us relax, recharge and prepare to face the world.





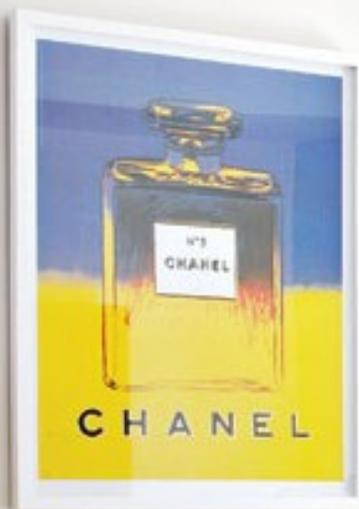






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Let Nature Be Your Guide

Science has proven that the sights and sounds of nature are supremely calming to us. Bring the outdoors in via views, plants and natural materials to let the serenity of nature pervade your home.

Let the sun shine in

Views of nature help us relax. Maximize your indoor-outdoor connection by washing the windows and making the glass sparkle. Push drapes to the sides, clean the screens, and open the windows to let in fresh air. For windows that face private areas, consider removing drapes and blinds altogether for a clean, contemporary look. Draw your view outdoors by putting eye-catching but unobtrusive items of interest outside windows - consider bird feeders, plants in window boxes or pretty solar lanterns.

Notes







Support Your Passions

Our homes are meant to be our getaways - the one place in the world we can mould to fit our vision. Make your home support your endeavours by creating spaces for the activities that are most important to you.

Dine in

It doesn't get more wholesome and nourishing than eating a home-cooked meal surrounded by our loved ones. Yet busy schedules often lead to meals eaten in the car, standing over the kitchen counter or in front of a screen. Creating an inviting eating space will naturally inspire more meals at home. Whether it's tucked into a kitchen corner or in a formal dining room, the most essential element is a sturdy table sized right for the typical number of people in your group. If you enjoy entertaining but don't want a large table year-round, look for an expandable table with leaves (antique and second-hand stores are good sources) or "Murphy" tables that fold up on the wall when not in use. If you don't use your formal dining room for everyday eating, you may prefer to reconfigure the floor plan and move the table to the kitchen where people naturally congregate. Comfortable seats and warm lighting create ambience and encourage lingering and conversation. Don't let the dining table be a repository for mail and homework; keeping the space uncluttered will impart a sense of calm to the room.







Healthy Maintenance

Creating a healthy home isn't all about décor - sometimes it's about maintenance musts. Keep an eye on these little chores to keep your home running smoothly.

Look up

Over time, dust and dirt can accumulate on ceilings, especially in corners. Remove dust and cobwebs monthly with a vacuum brush attachment or a long-handled dust mop. Dust the vents and smoke alarms, too, and don't forget attic door covers. For ceilings too dingy to clean, a new coat of paint will instantly freshen the space; light hues reflect light and make a room feel bigger. As long as they're not too delicate, light fixtures can be cleaned with a feather duster or vacuum brush. For chandeliers with hanging crystals, hook an open umbrella to the bottom of the chandelier and simply blowing the dust off with a hair dryer.

Notes









1. All rooms are important: Even those that are overlooked or unattended. Whether it's a space you haven't finished decorating or the family catchall, it often feels easier to close the door on these rooms and deal with them another day. Unfortunately, they weigh on your unconscious and zap your energy—they are essentially a task left undone. Create home harmony by making each space in your home inspired.

Conquer Clutter: Clutter produces physical and unconscious chaos. Not only can it leave you scrambling to find the keys as you are racing out the door but it can weigh on you even when you are sitting at your desk 20 miles away. Put a plan in place. Whether it's ready to burst from behind closet doors or it's those piles of paper on the dining room table, it is time to tackle the tasks and tame the tension it creates.

3. Colour: Colour impacts you on an emotional, psychological and physical level. Studies have shown that colour can change body temperature and appetite. It can affect your mood or level of energy. Begin to become aware of how different colors impact you before determining what hue to paint your walls.

4. Remove Bad Mojo: The experiences you have had in your life hang from the walls or sit on the shelves of your home. You probably have memories associated with your couch or the picture on the wall. When the associations are negative these reminders can drain you. Be aware of the items in your home that are associated with undesirable feelings. By removing this "bad mojo" you will be one step closer to creating a serene space.

5. Positive Vibes: Once you gain awareness of the memories that make up your home, notice those items that bring a smile to your face. Begin to add items from fun excursions that will remind you of good times and uplifting people. These items will give you a boost and nurture and inspire you as you move through your home and life.

6. Sanctuary Slogan: Decide what qualities, characteristics and atmosphere you want to create and name it—this is your "Sanctuary Slogan". We each have unique needs that our environment can support us in fulfilling; begin to determine how your environment can support you. Place this slogan in a spot that will serve as a daily reminder to help you stay focused on your ideal life and home.

7. Nurture Nature: Innately as humans we are designed to appreciate the natural beauty all around us. This is especially true in nature. By incorporating natural elements into your space you feed the intrinsic yearnings deep within you that foster a sense of inner calm and peace. Bring in a wood turned bowl, fountain or acorns to encourage a space of serenity.

8. Plant Power: Plants are important for many reasons when designing a restorative home. Not only is it an additional way to bring nature into your home, it also helps to clean and re-oxygenate the indoor air. Incorporating plants into your design will help to eliminate the noxious off-gasses from many products giving you a serene sigh of relief.

9. Welcome Windows: We are living in a toxic soup that can create disharmony and disease. Unfortunately the air trapped inside your home is many times more toxic than the air outdoors. Open your windows each day and remember to take a deep breath.

10. Technology Zones: Allocating spaces to play in, rest in and work in will help you unconsciously move from one activity to another with ease and grace. Design a layout within your home with designated areas for various activities. This creates an automatic cue to your subconscious informing you that it is time for a specific activity. This will help to construct a space that supports balance and harmony.

11. Take Action: It is easy to become overwhelmed with the to-do's of daily living in the modern world. Adding in items that need to be completed around your home can be wearisome. Take a moment to reflect on what you would like your home and life to look like and begin by taking small steps each day to create a calm and peaceful home. Remember that small steps will get you closer to your goal than inaction.





