Article Series Mental Health All

Refresh your space

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All Mental Health
Resize
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A cancer diagnosis may require spending some time at home to rest and recuperate. Here are some ways to help make sure your home feels like a welcoming, relaxing space.

Conquer the Clutter
For many, dealing with constant clutter can exacerbate feelings of stress or anxiety. One way to approach it? Consider each item in your space and ask yourself 2 questions: Do I need this and/or do I want this? If the answer is an unequivocal

"yes," then the next step is to find an appropriate home for the item—stored away neatly or displayed in an organized way. If the answer is "no" to both, then you can move that item to the toss/recycle/donate category.

Try an Easy Update

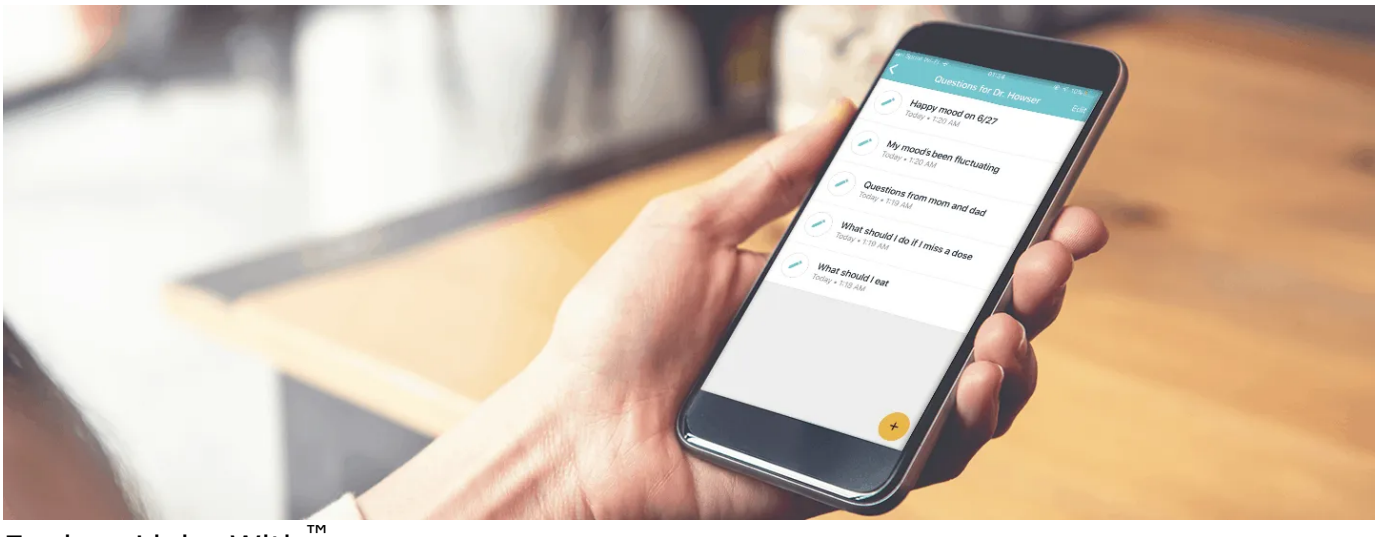
Is there a favorite piece of art hanging in a room where you don't spend much time? Or pretty decorative pillows on a guest bed? Try swapping out the decor and furnishings you already have for an easy, free update that can make a room feel refreshed and new. For help with revamping your space—especially when it comes to moving heavier items or hanging art on the walls—enlist your handiest friends and family members using the **LivingWith™** app.

Make Space for Things You Love

It's easy for the rooms and areas you use the most to become cluttered with the trappings of everyday life—magazines, bills, car keys, shoes and so on. If you're able to wrangle those items by creating a system, like using a mail organizer, a magazine rack, a hook for your keys or a shoe rack by the front door—you can clear space for things that make you happy, like framed family photos, a stack of favorite books or that in-progress knitting or woodworking project.

Create Comfort Stations

A clean, clutter-free space is the first step. The next one? Create mini "stations" that are designed for doing what you love. One example: If you have a favorite chair in your living room and you love to read, consider adding a wall shelf or a small bookcase nearby so that your favorite books are within arm's reach. Finish it off with a lamp that offers ample light for reading, a comfy throw in case you get chilly and a handy surface where you can put a cup of tea or cocoa.



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