



Top five decorating tips for a happier home



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WHAT they say is true: home is where the heart is, and it is also a place where the happiness is.

It's easy to make your home just that bit happier, though, by incorporating some simple interior tips.

1 Keep your home clean and cut the clutter:

It has been psychologically proven that a decluttered house leads to a decluttered mind. To increase happiness in your home, eliminate stress and anxiety by keeping your place clean and tidy. And if you need some help, simply call in a professional cleaning service to assist you.

2 Display sentimental items:

Whether it's images of your family and friends or objects owned by loved ones of the past, displaying sentimental items brings extra happiness into your home. Nostalgia is positively connected with having a sense of meaning in life, and the link between nostalgia and increased meaning in life

increases feelings of social connectedness.

3 Increase light: Increasing the level of light directly impacts positivity. Open your blinds, paint your wall white, mount mirrors or even install a skylight to increase the level of natural light. When it comes to the warmer light we need in the evenings, install some downlights, avoiding blue-toned globes, and invest in cosy lamps for the lounge and bedrooms.

4 Buy indoor plants: These increase happiness and calmness and decrease stress and anxiety levels. Experimental studies indicate plants can lower blood pressure, help us heal faster, increase attentiveness and improve overall well-being.

5 Choose wall colours wisely:

Green is a great colour to help people destress, while light blues are known to have a calming effect. Conversely, yellow and dark blue evoke sadness and frustration.

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