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N e i g h b o u r s o f

FOREST HILL



#SickNotWeak

Residential Architecture for Good Mental & Emotional Health

By Lorne Rose

Everyone is affected by physical environment. Some may be experiencing a level of anxiety and/or depression on a daily basis without realizing it. So what can we do to improve our home environment? There are elements of design, large and small scale, which can make a difference to your mental health and overall feeling of well-being and happiness. It could be very difficult to put your finger on why you're not feeling "yourself" and your home can be the culprit!



Natural Light

Natural light can make a world of difference for your home and your well-being if you let in more of it. Abundant light streaming through windows helps jump-start your day, effortlessly lifts your mood and makes you more productive. It helps with various forms of depression, especially S.A.D. Seasonal Affective Disorder - associated with winters and caused by a lack of natural light.



When renovating, enlarge existing windows (also lowering energy consumption), and replace windows for walkouts in suitable locations to

increase light and easily access the outdoors. With new builds, place large windows in your design. Floor to ceiling windows will also add visual height.

As soon as you wake up, open the curtains/blinds and let in the feel-good sunlight.

Positive Flow

Large open spaces have become a healthy and current design trend, allowing homes to be light in esthetics, mood and create a more communal feeling. Removing walls will allow you to enjoy

your space better when compared to small closed off rooms. For new builds, consider high ceilings or tray ceilings for emphasis on height.

Sufficient Storage

A world of difference is made within convenience and visuals in terms of making your home more comfortable. Floor to ceiling closets, utilized space under stairs, installed built-ins and a well laid out kitchen are beneficial to this goal. Main or 2nd floor laundry makes life easier as well. There is a feeling of accomplishment and convenience when your closets are organized. Simply shutting a door will not do, what's behind can stress you out – some more than others, especially someone like me.

Color Schemes

This deserves attention, as it's critical in setting the atmosphere. Psychologists established links between color and moods. Yellows/energizing, blues/productive, lavender/soothing and reds stimulates the appetite. All of these are decisions that reflect on your day-to-day well-being.

Consider Small Details

Stylized cabinet and doorway handles add interest. Baseboards, window styles, decorative ceiling trim and fireplaces create an atmosphere bringing warmth and comfort. Positioning furniture, artwork and family heirlooms incorporates meaning and rewards you with peace of mind.

Plants Are Your Friends

Nurture them and they nurture you. Plants give out oxygen, they improve the interior environment and can keep you calm and in touch with nature. I especially enjoy seeing them on a cold winter day. Talking to plants helps them grow because of the carbon dioxide. It's not just your melodic voice.

Home is a place of connections, security, peace and rejuvenation. Renovations, updates and thoughtful design plans are an investment in our health. When creating a home, indulge in aesthetics for an environment to reward your efforts with a goal of reaching 'Good Mental & Emotional Health.'



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