

How to Maintain Wellbeing at Home

With many people spending more time indoors at the moment, it's more important than ever that homes are spaces that promote wellness and calm.

Rebecca Snowden, Interior Style Advisor at [FurnitureChoice.co.uk](https://www.furniturechoice.co.uk), explains how to create an oasis and maintain wellbeing at home.

1. Maximise natural light



[Milton White Dining Table](#) - £149.99, [Pendle White Dining Chair](#) - £59.99 www.furniturechoice.co.uk

Inviting natural light indoors is an easy way to infuse a sense of wellness and tranquillity at home. Along with creating a bright, airy space, it also has health benefits such as allowing the body to follow circadian rhythms and maintain regular sleep patterns - both of which are incredibly important at this time.

“We may not all have the advantage of large windows and doors, but we can still try to maximise the natural light we do get,” advises Rebecca. “If you have a mirror, place it opposite your window to reflect and double the sunshine coming in. This might also be a good time to shift your workspace to be as close to the window as possible, to take advantage of the light and rest your eyes by looking outside.”

2. Make clear distinctions between spaces to work and relax



[Milton White Dining Table](http://www.furniturechoice.co.uk) - £149.99 - www.furniturechoice.co.uk

As many adjust to working from home and trying to stay productive, it's important to prioritise having a separation between work and rest. One easy way to do this is by creating distinct spaces and zones in the house.



“Designate a desk as your working area, and most importantly, don’t underestimate the value of a comfortable chair!” says Rebecca. “Carve out a working space in your home that works for you - for instance, by keeping it organised the way you would have in your office, and maybe even adding a plant. Keeping a dedicated working area also means that when you leave your desk, you’re signalling to yourself that you’re done with work for the day.”

The same principles apply to the parts of the home meant for relaxation. “The bedroom should be a cosy place to unwind, so indulge in softer textures and finishes for comfort,” says Rebecca. “Items that help you relax, such as scented candles, are also a wonderful addition.”

[Dorset White Wooden Double Bed](http://www.furniturechoice.co.uk) - £299.99 - www.furniturechoice.co.uk

3. Create a reading nook (or craft zone)



Along with work and rest, making space for self-care and enrichment goes a long way towards enhancing wellness in the home. Whether it's a warm reading nook or a for crafts and hobbies, it's a crucial space to have, and likely to become a quick favourite.

"This should be a part of the home that focuses on a healthy or creative activity, or one that feels restorative," Rebecca comments. "Soft, soothing colours such as sage green and grey are especially good choices to create a space that's versatile, chic and cosy. Just add an armchair, storage space, and some fresh greenery, and you're good to go!"

[Harlow Dove Grey Plush Fabric Armchair](https://www.furniturechoice.co.uk) - £299.99 - www.furniturechoice.co.uk

4. Tidy up and declutter



Part of creating a calm space is having one that is free of unnecessary clutter, where it's easy to locate what's needed. Take the opportunity to spring clean the home, and rearrange it in a way that maximises space, functionality, and ultimately, happiness and satisfaction.

"This is a big project, but it's important that your home is best suited to your needs and taste," says Rebecca. "Take a moment to assess what you need to keep, and donate what you no longer want. And then evaluate your habits and patterns, and arrange your rooms and furniture in a way that best suits how you live. It can feel like a major change, but it will help you feel more comfortable and settled within your own space."

[Rauch Vereno Oak 3 Drawer Bedside Table](https://www.furniturechoice.co.uk) - £99.99 - www.furniturechoice.co.uk

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For media enquiries, and to request hi-res cut-out and lifestyle images for this release, please email press@furniturechoice.co.uk or call Amthal Karim or Rebecca Snowden at 0333 015 0000.

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Providing our customers with a wide range of designs and the latest interior inspiration, we match traditional craftsmanship with progressive materials and technology to keep our furniture quality high and our prices accessible.

Backed up with a dedicated UK-based call centre, and fast, free delivery and returns on all orders, independent reviews show that our customers consistently rate us 5 stars. To find out more, visit <https://www.furniturechoice.co.uk/about-us/>