

# 5 ways to make your space more calming

## Tidy up.

De-cluttering and organizing are therapeutic. A clean space is good for your well-being.

## Add natural elements.

Use wooden pieces and add a plant or two to feel more connected with nature.

## Move furniture.

Rearranging will give you more space and a new-old spot to enjoy relaxing in.

## Find the right lighting.

Use a soft and warm light to create a cozy ambiance.

## Add a pleasant aroma.

Use scented candles, a room spray, or a diffuser to create a pleasant environment.