Take a quick look around you home. How relaxed, recharged, and happy does your space make you feel? Because we’re all still (groan, we know!) spending a lot of time at home these days, we’ve got some great ways to make your home a more positive space from Laura May, digital editor at Just Another Magazine. Your home environment should be a sanctuary where you can relax, recharge, and be most at peace. But this isn’t always the case. Many home environments feel cramped, creating a negative atmosphere that induces symptoms of stress. Not to worry though! In this article we explore the following four ways you can make your home a more positive place to live: Read on as we explore these tips and help you create a more positive home space. Caring for plants and flowers has lots of relaxing properties — but have you dabbled with the idea of creating your very own indoor garden? Bringing the outdoors inside is a chance to get creative and be at one with nature. According to an article by Forbes, greenery in your home reduces stress and can make you feel better. This is because indoor plants improve concentration, naturally purify the air around you, as well as improve your overall mood. Best of all, many plant species require little fuss to look after, meaning you don’t have to be an experienced gardener to experience the benefits. With simplicity firmly in mind, here are some popular and widely recommended house plants: While being aesthetically pleasing, these various options are well adapted to home living and are particularly resilient, which means you can create a positive, nature-filled environment without the stress or worry of a more difficult species. Clear space, clear mind — a mantra that pairs a clean home with living a stress-free life. Sometimes decluttering your home environment is all you need to make a more positive space. After all, trying to do work surrounded by a mess or tucking into a good book amongst yesterday’s laundry is enough to distract anybody. While organized mess might benefit some personalities, unwieldy clutter is claustrophobic and overwhelming to many others. Spending time clearing the clutter around your home (home office included) makes your space feel calmer and more purposeful. With this in mind, it pays to be clever with storage, especially if you’re dealing with confined areas like a long narrow living room, given you have less space to hide the mess. Instead of sweeping it all under the carpet, however, you’ll find many interior decorator experts (as in this article from FurnitureBox, for instance) recommend you make use of vertical space — this is because bookcases, shelves, and other cabinets can store and display anything you want without taking up much surface area. Cleared the clutter and still feel restricted? After months of lockdown living and working from home, you’ve likely grown tired of the same old scenery.