Take quick look around home relaxed recharged happy space make feel ’ still groan know spending lot time home days ’ got great ways make home positive space Laura May digital editor Another Magazine home environment sanctuary relax recharge peace ’ always case Many home environments feel cramped creating negative atmosphere induces symptoms stress worry though article explore following four ways make home positive place live Read explore tips help create positive home space Caring plants flowers lots relaxing properties — dabbled idea creating indoor garden Bringing outdoors inside chance get creative one nature According article Forbes greenery home reduces stress make feel better indoor plants improve concentration naturally purify air around well improve overall mood Best many plant species require little fuss look meaning ’ experienced gardener experience benefits simplicity firmly mind popular widely recommended house plants aesthetically pleasing various options well adapted home living particularly resilient means create positive nature-filled environment without stress worry difficult species Clear space clear mind — mantra pairs clean home living stress-free life Sometimes decluttering home environment need make positive space trying work surrounded mess tucking good book amongst yesterday ’ laundry enough distract anybody organized mess might benefit personalities unwieldy clutter claustrophobic overwhelming many others Spending time clearing clutter around home home office included makes space feel calmer purposeful mind pays clever storage especially ’ dealing confined areas like long narrow living room given less space hide mess Instead sweeping carpet however ’ find many interior decorator experts article FurnitureBox instance recommend make use vertical space — bookcases shelves cabinets store display anything want without taking much surface area Cleared clutter still feel restricted months lockdown living working home ’ likely grown tired old scenery