take quick look around home relax recharg happi space make feel ’ still groan know spend lot time home day ’ got great way make home posit space laura may digit editor anoth magazin home environ sanctuari relax recharg peac ’ alway case mani home environ feel cramp creat neg atmospher induc symptom stress worri though articl explor follow four way make home posit place live read explor tip help creat posit home space care plant flower lot relax properti — dabbl idea creat indoor garden bring outdoor insid chanc get creativ one natur accord articl forb greeneri home reduc stress make feel better indoor plant improv concentr natur purifi air around well improv overal mood best mani plant speci requir littl fuss look mean ’ experienc garden experi benefit simplic firmli mind popular wide recommend hous plant aesthet pleas variou option well adapt home live particularli resili mean creat posit nature-fil environ without stress worri difficult speci clear space clear mind — mantra pair clean home live stress-fre life sometim declutt home environ need make posit space tri work surround mess tuck good book amongst yesterday ’ laundri enough distract anybodi organ mess might benefit person unwieldi clutter claustrophob overwhelm mani other spend time clear clutter around home home offic includ make space feel calmer purpos mind pay clever storag especi ’ deal confin area like long narrow live room given less space hide mess instead sweep carpet howev ’ find mani interior decor expert articl furniturebox instanc recommend make use vertic space — bookcas shelv cabinet store display anyth want without take much surfac area clear clutter still feel restrict month lockdown live work home ’ like grown tire old sceneri