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Environment and Anxiety

A person's environment can be very powerful influence on a person's mind and feelings. As an anxiety sufferer, it makes sense for you to ensure that your home is a place that is stress free and relaxing.

The good news is that you can control the environment in your home and make it a relaxing place.

It doesn't matter whether your home is modest or large, whether your own your home, rent an apartment – whatever - it should be nice for you.

When I say “nice” I don't mean fancy or mean to suggest that you need to conduct renovations or repairs, just that you make it comfortable.

First, here are some suggestions:

Bring things from the outside into your home. Green plants, cut flowers and blooming bulbs, or pieces of wood, rocks and other organic elements can create a feeling of nature indoors.

Choose paint colours for your walls that make you feel relaxed. For example, blue and green promote a relaxed feeling and may be good choices for the bedroom, while warm colors (maroon, coral, burgundy) suggest a cozy environment and may be inviting in a family room.

Include beautiful things in your home such as artwork, fragrance, smooth textures and calming sounds all provide a pleasant environment in which to relax.

Have a room in your home that can be a dedicated place of calm and relaxation. A place for spiritual reflection and meditation can provide shelter from noise and distraction.

Keep things neat and tidy and organized. A low-maintenance home is refreshing after a day of hectic meetings, errands and chores. Fewer items can mean less frustration.

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Display handmade or meaningful gifts from loved ones and photos of family and friends throughout your home.

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