

Order

It's no secret that most people, especially teens, dread cleaning their room. However, establishing order within your bedroom has a serious impact on your mood and productivity. Walking into an unkempt or messy room can lead to an overwhelming feeling. However, the idea of cleaning your room might be equally as overwhelming. This is why it becomes important to take it step by step; maybe starting by cleaning one area of a room per day.



Lighting

Believe it or not, the lighting of an area actually has a tremendous effect on your mood. Brighter lights, such as white or LED light, tend to intensify emotions. This differs from low lights, which stabilize emotions. This being said, it is important to take this into consideration for your own room. For example, if you have a desk in your room, consider using white light around that area to promote hard work. However, yellow or lower toned lights might be better suited for the area around your bed, where you would unwind at night.



Works Cited

- *Make Your Bed* by William H. McRaven
- Therapist Samantha E.
- PsychologyToday.com
 - "The Surprising Effect of Color on Your Mind and Mood"
 - "How Lighting Choices Can Affect Your Mood"
 - "The Hidden Force of Fragrance"
 - "The Healing Power of Sound as Meditation"
- VeryWellMind.com
 - "The Relationship Between Mental Health and Cleaning"
- *Essential Oils* by Alicia Atkinson

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YOUR SPACE, YOUR WAY

A guide to transforming
your bedroom into a
sanctuary

Scents

Essential Oils, lotions, and candles (with your parent's supervision) are a great way to emulate calming scents to help you unwind. On the contrary, some scents also have the ability to increase alertness and productivity.

Some popular scents to promote tranquility are:

- Chamomile
- Lavender
- Jasmine
- Vanilla

Some scents to increase focus are:

- Peppermint
- Sweet orange
- Spearmint
- Lemon

Sound

In more scientific terms, sounds rooted in major chords tends to produce positive emotions, and sounds rooted in minor chords can produce negative emotions. However, finding sounds that suit you as a person have more to do with your personal experiences.

Consider what makes you happy when choosing a sound. If you love going to the beach, the sound of beach waves might relax you.

The sound of birds or gently falling rain might be sounds that make you happy as well.

Besides just looking up the sounds on your phone, there are also lots of machines or even, going back in time a little, a CD and CD player.



Color

WARM COLORS

Warm colors like red, yellow, and orange stimulate emotions, such as love and happiness. Integrating warmer colors into your room can affect your emotions in such a way.

COOL COLORS

Cool colors, like blue, green and purple are linked to calmness. These colors evoke more calm emotions, so incorporating them into your room can transform your space and subconsciously change your mindset.

HOW TO DO IT

It's important to establish the goal of your room and to find a good balance between the colors. For example, if you paint your room a cool blue, consider adding accents of subtle yellows to bring in some warm tones.