

Home Office Design Tips for Productivity and Wellbeing using the psychology of design

Protect your back

Have a solid wall behind you if possible. Feel subconsciously safer =less fight or flight. Less stress. Results in stronger ability to focus.

Pull in Nature

We feel calm in nature. There's a science to it called biophilia. Turns out, we can pull that science into the design of our spaces. Face desk to see out a window. Pull in natural materials, plants, colors, etc.



Define Everyone's Space & Foster Boundaries

Have everyone in the household create their own workspace. Make it fun and co-creative! Maybe the kids create a fort nook in the corner of the living room for homework (while also keeping them entertained i.e. allowing you to focus), or you create a "cloffice" (closet office). Avoid the bedroom and dining table, if possible, to differentiate workspace from living space.

Communicate boundaries around times you need to focus to house members.

- Maybe it's via red, yellow and green flags to show work state. You're focusing =red.
- Create physical, acoustical and visual boundaries to define each person's workspace with bookshelves, area carpets, furniture, headphones, etc.

Express Gratitude

Engage higher brain waves fostering wellbeing, creativity and productivity by displaying objects that evoke appreciation such as a thank you card, family photos, or an award you won for rocking your work!

Also Consider:

- ~Ergonomics
- ~Change Postures
- ~Deep Breaths :)

Interior Design + Psychology + Coaching

A co-creative design partner helping you uncover the awesome in you through the creation of spaces that nurture your love of life.

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