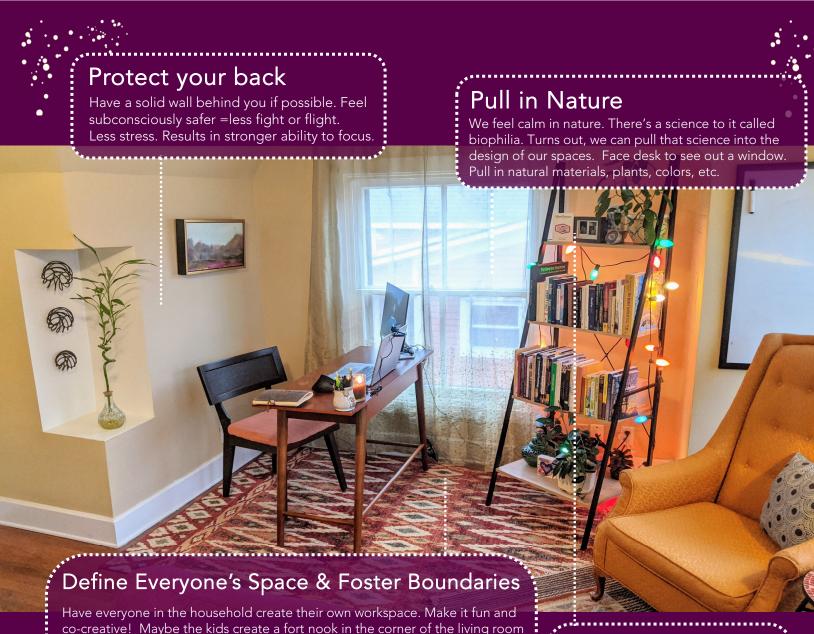
Home Office Design Tips for Productivity and Wellbeing using the psychology of design



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

for homework (while also keeping them entertained ie. allowing you to focus), or you create a "cloffice" (closet office). Avoid the bedroom and dining table,

 Maybe it's via red, yellow and green flags to show work state. You're focusing =red.

if possible, to differentiate workspace from living space.

• 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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