

# FIND YOUR HAPPY PLACE

**THIS MONTH CITY DWELLER MAGAZINE'S COLUMNIST CHRISTINE YORATH DISCUSSES HOW YOUR INTERIOR DESIGN CAN MAKE YOU HAPPIER**



This month I want to start with a few facts. Happy people are healthier, have better relationships and are more productive.

Your home is probably where you spend a good percentage of your 168 hours a week. So it follows that making your home a happy place makes sense.

Colours that make people happy are red which is for energy and power; golden yellow/ orangey shades for cheeriness and a bright mental attitude and greens and blues for a freshness and relaxation although excessive green can encourage tardiness just as the teenage favourite purple can cause insecurity.

It is known that a tidy home with personal items make occupants feel happier and if nothing else that's a good reason to tidy up and clear out excess items.

A home with personality will be a happier home. All of my interior design clients will tell you that I always encourage personal items to be included in any scheme, maybe a family hand-me-down piece of furniture or a group of framed family photos, even a child's early work of art and if you don't have a child of your own it might be from a niece, a friend's son or a neighbour's child.

This season's Paoletti cushion collection will certainly cheer you up just looking at the great bright colours, and their "bumble" cushion is proving to be very popular.

For me flowers in my home are essential, all year round, every day of the year, I have flowers

in my kitchen and hall and usually in the living room and the bedroom too. Apart from the fragrance of the flowers my visitors often comment on the pleasant smells and that's usually from my ultrasonic Aromatherapy essential oil diffuser. Mine was a gift but you could do worse things with £25 than invest in one of these...especially if you live in a flat or somewhere that candles are discouraged.

Finally I advise that you think about lighting and that includes daylight. Does your home look as good in daylight as at night? If not what's missing? Do you only have one source of light? That's the most likely cause if it's not looking attractive and that's easily rectifiable with lamps and candles.

Hopefully you will now be on the way to a happier home and all the benefits that can bring.

**For more advice go to [www.christineyorath.com](http://www.christineyorath.com) or get in touch by emailing [christine@yorathgroup.com](mailto:christine@yorathgroup.com) or ringing 07836 737300.**

*Till next time  
Christine*

