BENTLEY UNIVERSITY
Counseling Center

Self GUIDED

Design a Healthy Room

"Clean your room, clear your mind." -Unknown

The personal spaces where we most often work, play and sleep express who we are and what we care about. When designed with wellbeing in mind, these spaces can enable us to live as our best selves.

Moving into a new space, such as a dorm room or off-campus apartment, can be overwhelming. You may not have much space to work with, so every inch is important!

A well designed and maintained space can:

- support productivity
- promote happiness
- provide a sense of control and calm
- boost self-esteem and comfort

A healthy, clean home keeps you centered, focused, and capable of reaching your goals.

Your space also exemplifies your identities, cultural values & beliefs. Try designing with a eye for inclusion to make both yourself and visitors feel comfortable in your space.

Ask yourself:
What parts of myself are the most important to display?
How can I make others feel welcome in my space?

Remember, everyday self-care habits, including how you maintain your space, can seem insignificant, however they encompass the vast majority of your life. See the reverse for tips on how to maximize your space for optimal wellbeing.

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Ways to Practice

Decide on where items 'live' inside your home, ensure everything has a place that feels tidy and accessible according to your needs.

Clean as a daily routine - tidying as we go keeps workloads manageable, spaces feeling useable, and prevents over-stimulation as mess or clutter builds up.

Keep a designated space for dirty laundry and dishes out of the way of your main area.

Periodic reorganization stimulates creativity and perspective.

Keep a plant or two around. They purify the air and reduce anxiety.

Color art, and lighting can transform the feeling of any space. Choose items that inspire you for workspaces and those that calm you for resting spaces. Use different lighting options for day and evening time such as dimmer lights closer to bedtime to promote sleep.

Keep your workspace useable by storing items neatly inside drawers.

Reserve your bed for sex and sleep whenever possible, as doing work or 'hanging out' in bed can disrupt your ability to fall asleep. Use and store your tech away from the bed too!

Post pictures, notes and pleasant memories around your room to remind yourself of the people, places and things you care about.

Rounded edges and 'soft geometry' encourage relaxation.

Keep plenty of comfort items close at hand, such as blankets, favorite snacks, books, games & personal care products.

Open the shades and let the natural sunlight fill the room as often as possible - this regulates your sleep/wake cycle.

Fresh air rejuvenates the body, alleviating stuffiness and odors so open your windows up.