



Bloomington Quarterly

Remove the gloom from your home!

We all have our good days and our bad days. Have you ever felt that when it is gray and gloomy outside it is easier to have a bad, unproductive day? Well, you are not alone. Studies show that decreased sunlight causes your body to produce more melatonin- the hormone that causes you to feel sleepy, and less serotonin- the hormone that affects your mood. So, the lack of sun can make us sad. Surrounding yourself with positivity can brighten your day. Here are a few household items you can place in your home to promote good vibes and motivation.

Light up your life- Increase the amount of light in your home.

Since rainy days deprive us of sunlight, adding more lamps in a room or having bright lights rather than dimmed lights tricks your brain to keep you awake and productive.

The stress of mess- Clean your home.

A cluttered mind leads to stress, and so does a cluttered home. Having a messy home can cause you to have a negative mood. Put away your clothes, sweep the floor, do the dishes, and you will quickly feel productive and prepared to tackle the day.

Natural remedy- Add plants to your home.

Even when it is gloomy outside, you can still have a home full of color and life. Plants are natural mood boosters and adding them to your home can improve your mood without you realizing it.

To inspire, to dream, to decorate? - Decorate to promote inspiration.

Surrounding yourself with decoration you love evokes inspiration and positivity. Being stuck in your home on a rainy day can really turn your mood sour, but when you are working in a well-lit room, decorated by your favorite art, it will surely spark some inspiration and motivation.

Apply these tips to your office environment as much as you can as well. Some simple changes and additions to the places you spend the most time can truly make a difference to your mood and life.



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