

Feng Shui and stress

Your home should be a haven where you can find relief from stress. If it's not, you could lower stress levels by making some simple changes in your home.

The ancient Chinese art of Feng Shui focuses on how things are placed in the home. It is based on a belief that the way the home is set up can affect stress levels. One of the concepts is that Chi, or a life force, must flow freely in the home.



DIFFERENT WAYS TO USE FENG SHUI

Using these concepts may help you feel more at ease when you're at home. Consider these tips:



Clutter is out.

You may already know that a cluttered space can cause stress. Some studies have even shown that clutter causes an increase in stress hormones. When possible, get rid of unused or unwanted things. Find places, like cupboards and closets, to neatly keep other things.



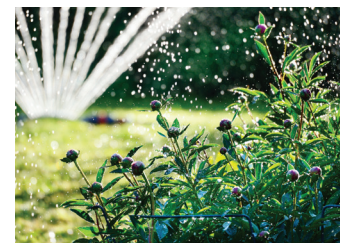
Use a balance of colors.

Feng Shui uses the five elements: fire, earth, water, metal and wood. You can use objects that represent all of these things in a room. Another option is to use colors that represent these things in your house. You might use a warm wood trim with cool, watery blue walls.



Position mirrors correctly.

Make sure your mirrors reflect things you want to see. For instance, a mirror that reflects a plant can bring beauty into the home. But if the mirror reflects a stack of dirty laundry or a cluttered desk, it could create stress.



Use nature's beauty.

Spending time in a peaceful garden can be a great way to relieve stress. Some people enjoy pulling weeds or planting wildflowers. Make an outside space into a quiet retreat that you can use when you feel stressed. Incorporate your favorite colors, textures or smells.

Source: American Institute of Stress