

The Joy of the Home Office

4 Steps to a comfy and clutter free office, big or small

Claire Nagy



1. Declutter and get organized. If it doesn't have form or function, get rid of it! Ensure that your office has storage that works for the way you do business. If you haven't done this already, start now. Have a storage space to put everything in it's place, and properly marked and stored for easy access. Pick it up off the floor, clear your desk and your office will begin to take shape. A clear space leads to a clear mind, something coveted when working in the office.
2. Ergonomics. Now that the office is organized and clean, think about the way your use the space. There are a variety of products available at the big box stores to help you on your way to office health. If you spend more than 2-3 hours a day in front of a computer it is time to invest in ergonomic seating, wrist guards and for those who use the telephone considerably, a headset. Use a footrest or even a stack of books to help support your body.
3. Lighting. Let lighting make working easier. Natural light is always best, however since it isn't always present, always have proper lighting to help avoid eyestrain especially at night or on cloudy days. If you can, plan for overhead lighting, as well as task and ambient lighting.
4. Colour. For inspiration at work, start with a change in colour for your home office. Use colour combinations that promote creative thought and energy for all the hard work you do! Soft cream with bright yellows and greens are sure to energize. For a room that is colourful and pretty, try creamy white with bright coral and burnt orange. Another bright and cheerful colour scheme uses soft arctic green with espresso brown and cotton white.

Colour Combinations for Office Energy

Seahorse, Wales Green, and Lemon Drops; *Benjamin Moore*

Crème Brulee, Tangy Orange, and Flamingo's Dream; *Benjamin Moore*

Seascape Green, Pumpnickel and Shooting Star; *Pittsburgh Paints*

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