

How to keep negativity at bay during quarantine using smart decor ideas

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A home can be a sanctuary or a prison. It all depends on how you decorate and maintain it. During the 21 days of quarantine, we need to put all our energies together in making our home a haven, i.e. an abode that would keep us safe from the dangers of the outside world.



Given that the number of patients suffering from COVID-19 is increasing by manifold, the Government has taken a stern measure by imposing a total lockdown for 21 days. This means that only the movement of essential goods and services will be allowed. The people will have to remain confined in their homes during this duration to prevent the spread of the disease.

Given the rising number of cases, it is within the realms of possibility that the lockdown may increase further and we might need to stay indoors for a longer period of time. Though it is difficult to confine yourself inside the premises for long, a pinch of imagination and creativity can certainly help in dealing with issues related to time management.

Clear all the clutter

Make sure you only keep the things you need. Everything that is in excess needs to be removed with immediate effect. Cluttered spaces induce a sense of anxiety and ruin the mood. Also, it becomes increasingly difficult to locate things of utmost use. You can replace the unnecessary things with plants or scented candles that help lift the mood and make you feel fresh and rejuvenated. Pothos, Dracaena, Peace Lily, and Snake Plant are just a few among many plants that can lend natural charm and serenity to the environment. Try experimenting with [botanical décor](#).

Rearrange your furniture

Since you are going to stay indoors for the next 21 days or maybe even longer, you need to make sure that your house is as spacious as possible. It is essential for a variety of reasons. First of all, an open space with adequate room for movement is inviting and naturally relaxing as compared to a cramped space. Secondly, a free space in the house is essential for escaping the feeling of claustrophobia – especially during these times. Rearrange your furniture and other objects to make enough space for circulation, especially in the living area. You can either perform physical activities here or play games to stay fit and healthy during the quarantine.

Paint your home

Smudgy, patchy, or flaky paint can annoy you to another level. It can also make you feel dull and unproductive. It has been scientifically proven that certain [colours can boost or reduce productivity](#). Therefore, do some research and pick colours that make you feel warm and energetic.

Stay away from colours that induce lethargy. Grey, even though it is a very popular colour, may not be a good idea, especially if you are working from home. It can make you feel too relaxed to work. Since many of us are going to be working from home, you need to make sure your working space has the right colours. Pick shades of blue or yellow as they are known to increase productivity and creativity. Painting can also be a fun activity that you can enjoy as a family.

Dedicate a corner for your office

Working from home does not mean you should work from your bed. If you do, you will notice a sudden decrease in your efficiency. There is a reason offices do not have beds. Find a secluded, quiet spot in your house with good illumination, place a sturdy table and a comfy chair, and set up your office. It will help maintain a sense of professionalism and will also mentally keep you alert at all times.

Make sure you have all the necessary things in proximity. Going to and fro to get things can break your concentration and workflow. Treat the environment just as you would treat an office: no TV breaks, and no unnecessary movements.

Quarantine does not necessarily mean a prison sentence. The manner in which a situation unfolds depends a lot on how you take it. If you remain positive and utilise your time to decorate your home, you will indeed make a noteworthy experience to your living.

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