

Make Your Bedroom a Relaxing Oasis

For those seeking a useful way to spend their time during social distancing or anyone simply interested in forging a deeper connection with their homes, especially your bedroom where you spend time regenerating, resetting, and refreshing (really all the positive "re-words"). While we're social-distancing and thus spending more and more time indoors, our rooms can feel less and less like a special sanctuary. Indeed, feelings of claustrophobia and restlessness are likely at an all-time high.

Ahead, find ten easy ways to upgrade your bedroom to an oasis. And because shopping for a ton of new things isn't really an option either, we've made sure to include things that you can do with what you already have.

TIDY UP

First and foremost, make sure your bedroom is clean and tidy. It's not just better hygienically and aesthetically, but it can also be less stressful. None of us want to be in this situation, but we're in it, so we can at least keep our space clean, which can make you feel like you're at least in control of your own room. With a clean, fresh space, there's less to overwhelm your senses. Plus, it'll help you appreciate the things you love about your room and see its potential again.

FRESHEN UP THE WALLS

Whether you feel like embarking on an actual DIY project and repainting the entire bedroom or you just want to touch up your white walls, a little freshening up can go a long way. Check out our favorite bedroom colors and how to decorate around them, or simply touch up your wall with a Magic Eraser to get rid of smudges and marks.

<https://www.goodhousekeeping.com/home/decorating-ideas/tips/g3902/interior-paint-colors/>

KEEP PILLOWCASES FRESH

This tip is especially helpful for anyone who has allergies. Even taking off a pillow case and running it in the dryer for ten minutes (or simply letting it air out if you don't have access to laundry machines and spraying it with a fabric refresher) can make it feel more fresh and help reset things a bit.

BEDSIDE TABLE

Make sure you have everything you'll need before bed and throughout the night within reach, so you don't have to get up and interrupt your sleep. Things like a noise machine, charger, carafe of whatever, an eye mask, lip balm, etc.

GET RID OF CLUTTER

Decluttering can help you decide which items bring actual value and which do not. Rather than more things in the environment you hope to make calming, you're probably better off having fewer but more meaningful things. With that in mind, some good things to keep in your bedroom could be a stack of books that you've been meaning to read (or re-read) and now have the time to do so or a framed photograph of people and/or places you love. Then donate whatever items you don't need anymore.

KEEP FLORALS CLOSE

If you have the luxury of getting anything like a flower near your bedside, take advantage of it. It may sound simple but having a living thing next to the bed can help us to appreciate the gift of being alive.

WRAP YOURSELF IN SOMETHING SOFT

Wrap yourself in something that makes you feel good! Allowing yourself to have other sensory experiences that help you focus on physical comforts and take you outside of your head can make such a difference in your mindset and mood. Maybe keep alternating between your favorite sweaters or blankets.

GO "SHOPPING" IN YOUR LIVING ROOM

Try to change the scenery. And it doesn't have to be anything dramatic, maybe just moving your picture frames. You have to be able to look at things that make you happy. Similarly, you could go "shopping" for new pillows in the family room or living room. It may sound like a small change but it reminds us to be realistic about the changes we can actually make.

BLOCK OUT LIGHT

If you don't have blinds in your bedroom, or you've been having a hard time sleeping because yours don't keep enough light out enough consider a black out curtain or an eye mask for sleeping. Too much light in your bedroom at night can prevent you from getting a good night's sleep, and we can't live without sleep!

SEPARATE YOUR WORKSPACE

If your bedroom is suddenly moonlighting as a home office, there are a few things you can do to signal a change in use as the workday ends. Whether it's dragging in a side table and stool to work from, installing a floating shelf as a little desk, or actually just getting out of bed, creating a clear boundary will help maintain the space as your relaxing sanctuary as opposed to associating it with stress and deadlines.

DITCH YOUR DEVICES

During this incredibly stressful time, it is more important than ever to have a place to retreat to from the constant influx of (bad) news and worrisome statistics, so to the extent that we can, keep laptops and phones elsewhere over night.

SWAP OUT BULBS

One of the things that comes up in every conversation is choosing the right light bulb, and whether that actually makes a difference. It does. Choose LED soft white light bulbs for a gentle glow that's not too bright or too dark. Bulb-type aside, lamps are also the key. Overhead lighting is great for tasks or for when you're looking for something, but, otherwise, ambient lighting is better.

LIGHT YOUR FAVORITE CANDLES

Unlocking a few other sensory moments can help you feel like you have a little more balance. Candles are great for stressful times because they can remind us of our favorite places and memories. Lighting one you love before you fall asleep can be very soothing. Just don't forget to blow it out!

INCORPORATE EARTH PIECES

Any elements of the earth are powerful right now. This can be anything from natural light to living, breathing florals, or any collections stones—even a marble bookend. We remind ourselves that the earth will be here to find us again, we just have to ride this out.

MAKE YOUR BED

A small thing, sure, but making your bed can help you begin your day feeling more prepared and in control, and at the end of the day refreshed and relaxed.