

# THE DESIGN JOURNAL



E-MAGAZINE

Issue 13  
September 2022

Science of a happy home,  
Spring style refresh & more



# INTERIO

Welcome to our September issue and the first month of Spring 2022. Warmer months ahead open the door to all sorts of possibilities and it's the perfect time to reinvigorate your home for a new, refreshed and re-energised look and feel this Spring.

This month's issue is all about a style refresh and creating a sense of calm, order and contentment. We look at the proven qualities of a happy home and specifically address the challenges of decluttering with growing families and young children.

No matter your hopes, dreams, homes or plans for the season ahead, we hope Spring 2022 brings you all the style and smiles you deserve. Enjoy reading and see you next month,

*Melissa Lunardon and team*





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BE FAITHFUL TO YOUR TASTE  
NOTHING YOU LIKE IS EVER OUT OF STYLE

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# THE SCIENCE OF A HAPPY HOME



*We all want to live in a happy home. However, when it comes to designing our homes and using them day to day, happiness isn't always at the forefront. We think it should be.*

If you were asked what the six ingredients to a happy home are, what would you say? We all want to live in a happy home. However, when it comes to designing our homes and using them day to day, happiness isn't always at the forefront. But at Melissa Lunardon Interior Design, we think it should be! That's why we love a UK scientific study that surveyed 4000 residents, taking their answers and

combining them with the best existing research, to develop The Science of a Happy Home Report. The report identified six qualities that help create happiness at home. And it is so good to see it reflects the work we do every day with our clients! Read on for a deep dive into the qualities that will positively influence how you feel in your home according to the report and our work with clients over many years.



# 6 QUALITIES OF A HAPPY HOME

'Science of a Happy Home' Report

## ● Secure

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A secure home refers to the provision of shelter, safety and stability, both physically and emotionally. We want security and peace of mind when it comes to our homes.

## ● Nourishing

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Nourishing homes provide healthy conditions that optimise light, sound and ventilation. Indoor air quality is important too, as is the ability to control comfort levels depending on preferences. Interestingly, happiness levels are affected by the view to outside more so than sunlight levels.

## ● Adaptable

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We don't use all rooms and spaces in our homes equally and typically spend much more time in some than in others. So we need our homes to be able to flex to meet our changing needs. We are happiest when we can adapt our home to our changing needs now and in the future. Over 92% of those happiest at home agree that their house can meet their current needs. The ability to change layouts is more important than the size of our bedrooms.



## Relaxed

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Relaxed homes are places that make people feel calm, comfortable and at peace. People who describe their homes as relaxed are happier within them than those who use any other personality traits, such as organised, balanced or sociable. About half of us relax most in our living rooms, and about a third in our bedrooms.

## Connected

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Spaces to interact and to socialise with our family and community are important for well-being, too. We want to be able to connect with others in our home, the outside world and with nature. The spaces that matter the most to our happiness at home in this regard are private gardens, balconies and open-plan living spaces.

## Mirrors

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We want a home that reflects who we are. We're much happier if our home reflects our values and personalities. About 80% of those who are happiest at home say their home reflects who they are. When making design decisions, focus on how your home meets your needs or help you express yourself for long term satisfaction.

*Need some help and guidance? [CLICK HERE](#) to book a free Design Consultation Call with the Melissa Lunardon Interior Design team so you can create a happy home with confidence.*



## Get Content

Many studies on happiness show that what we really want to experience is a sense of calm and contentment in our homes and throughout our day. We create this when we simplify our lives, embrace daily rhythms and create meaningful connections. When we take this approach, we allow more room for joy. More joy in our homes, in our families, in workplaces and in our hearts.




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## CREATING MORE CALM AND ORDER AT HOME

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Take a moment to think about how you feel when the kitchen counter is messy. Or what about your desk — can you create your best work then? How happy does mess make you? In contrast, compare the feeling when you walk into your home and it's clean and tidy. When we remove from our homes the things we don't use, need or love, as well as the objects that don't even work, we free up our spaces and also our minds.

But what about when life gets busy? That's when you need good design that helps impose some sort of order. You will be able to create better work and feel more present. When it comes to creating more calm and order at home, functional design concepts are key, along with routines and habits stacked in your favour. It takes effort at the beginning, but leads to ongoing contentment.







# STYLE REFRESH

Spring is upon us in Australia, heralding warmer weather, new life and new opportunities to grow! A new season is the perfect time to give your home a new look and feel, particularly the invigorating season of Spring, a season that opens the door to all sorts of possibilities.

If you feel that your place has been in a bit of a slump, let's change that! Now is the perfect time to look at a seasonal style refresh in your space. Here are some ideas to inspire you to reinvigorate your space, and fall in love with it all over again.



"Spring is when we all long to reboot, reenergise, and refresh all aspects of our home."

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There's no place like home—until you've been cocooning in it for too long and the scene starts to feel stale and stagnant. And, come to think of it, so do you. Adopting your home's vibe is a real thing since your surroundings and your mindset are intertwined.





## PAINT YOUR DOOR

Without a doubt, paint is transformative, and changes the way that your home not only looks, but how you feel about too. It's like adding a fabulous new pair of shoes to your favourite outfit! The colour of the paint you choose has a significant impact. As we head into the warmer months of Spring and Summer, consider colours that more light, bright and joyful. Then you can go dark and moody when heading into the cooler months of Autumn and Winter.







## CHANGE RUGS

With the changing of the seasons, consider switching over wool rugs to seagrass or lighter textures, or perhaps even remove them altogether. The feeling of walking on bare timber boards or cool polished concrete in Summer can be extremely pleasing and help to cool the temperature of internal spaces.

## BEDROOM STYLE

Opting for lighter colours and textures in the bedroom is the best way to change the mood of the space. You can also mix up books and decor on your bedside table, add fresh foliage and switch up your bedside table for a stool or table from another room.

## SWITCH ROOMS

It is less common, but it can be very refreshing to switch rooms in the house. Alternatively, bring new energy to rooms by changing configurations and what you put inside the space. Maybe take a pendant from one room and put it in another. Rethink your space to give it a whole new energy.







"AS WE  
EVOLVE,  
OUR  
HOMES  
SHOULD,  
TOO"

– MELISSALUNARDON.COM

# DECLUTTERING WITH CHILDREN

KEEPING HOMES CALM AND ORDERED WITH LITTLE — AND NOT-SO-LITTLE — ONES AROUND



## Get real

One of the biggest sources of frustration when it comes to keeping a family home clean and tidy is... children. Yes, we love them! And, no, we don't want to impede their creativity or passion for their projects, or to throw out those special projects. It's easy to get caught up in holding onto them 'just in case' we want to look back with nostalgia one day. But is that what you really want? Think about what you are really trying to hold onto.



## Edit emotions

So much of what holds us back when it comes to the clutter in our home are our emotions. We make objects mean so much. And that can be a good thing, at times. It's important to have a home that is filled with pieces that we love and are meaningful. But, quite simply, we can't hold onto everything. At some point we have to edit our collections. We have to decide what keep and what we choose to let go. And it's not always easy.



## Get clarity

When clearing out children's rooms, be clear on what you value and what you want your life to look like. Take the time to visualise how you want your home to look and feel. Check your children's rooms against the goals you have for your home and life. Assessing your spaces helps you to get clear on what improvements you need to make, and also allows you to have focus as you declutter your collections.



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## Responsibility

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When it comes to decluttering with children, remember that they see you. Children are great mimics and model the behaviour of those around them. Take a look at what you're modelling. Are you tidying up after yourself? What does your bedroom look like? Do you prepare ahead of time? Or are you always in a rush and flap? Make sure that you are setting a good example for your children. They notice everything!




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## Daily rhythms

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Children thrive on rhythms. They feel safe and secure when they know what to expect and what is expected of them. And when there is a consistent rhythm, they are able to move in accordance with it almost without thinking. It becomes second nature. Systems, processes, routines and standards are therefore imperative. In this type of environment, everyone thrives. We don't need to shout or get frustrated. We just need to create clear systems and rhythms so that everyone can thrive.

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## Storage

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When designing kids' bedrooms, prioritise bedroom storage ideas that will grow with them. This includes wardrobes with adjustable shelving and hanging spaces, drawer space beneath the bed, plenty of shelving, and toy storage ideas. When they are young, shelving can host toys and games. As kids grow older, shelves can make way for books, schoolwork and gaming equipment. Other low level storage such as open pigeon holes filled with baskets work well in a child's room, keeping things tidy, safe and accessible.





A ROOM SHOULD START A  
CONVERSATION BEFORE PEOPLE  
ACTUALLY START EXCHANGING WORDS

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Melissa Lunardon Interior Design is driven by a deep passion for design and style. The team work closely with clients to articulate a unique vision and a stylish point of view where personality, art, form and function co-exist.