



## 10 Steps to a Nervous-System-Friendly Living Room

- ☐ **1. Clear one surface.** Start small: one coffee table, one shelf, one windowsill. Empty space gives your eye (and brain) a place to rest.
- ☐ **2. Add a natural textile.** A soft throw, linen pillow, or cotton slipcover invites comfort. Bonus if it's something you already own.
- ☐ **3. Remove one visual trigger.** Too-bright decor, clashing patterns, or that thing you've been meaning to move for months—let it go.
- ☐ **4. Add one warm light source.** Try a lamp, candle, or string lights with a soft amber glow. Ditch overhead LEDs.
- ☐ **5. Create one "pause zone,"** A chair with a view. A reading cushion. A window ledge. Somewhere you can sit and breathe for one quiet minute.
- ☐ **6. Switch to a grounding scent.** Vetiver, cedarwood, neroli—or even just fresh air. Skip the synthetic.
- ☐ **7. Use a basket to contain clutter.** Visual order = mental order. Group loose items into one tactile, breathable container.
- ☐ **8. Choose a calming color.** Add one tone like sage, sand, clay, or cloud. Nothing loud. Nothing urgent.
- ☐ **9. Mute background noise.** No TV as ambient filler. Try silence, ambient sound, or music with intentionality.

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