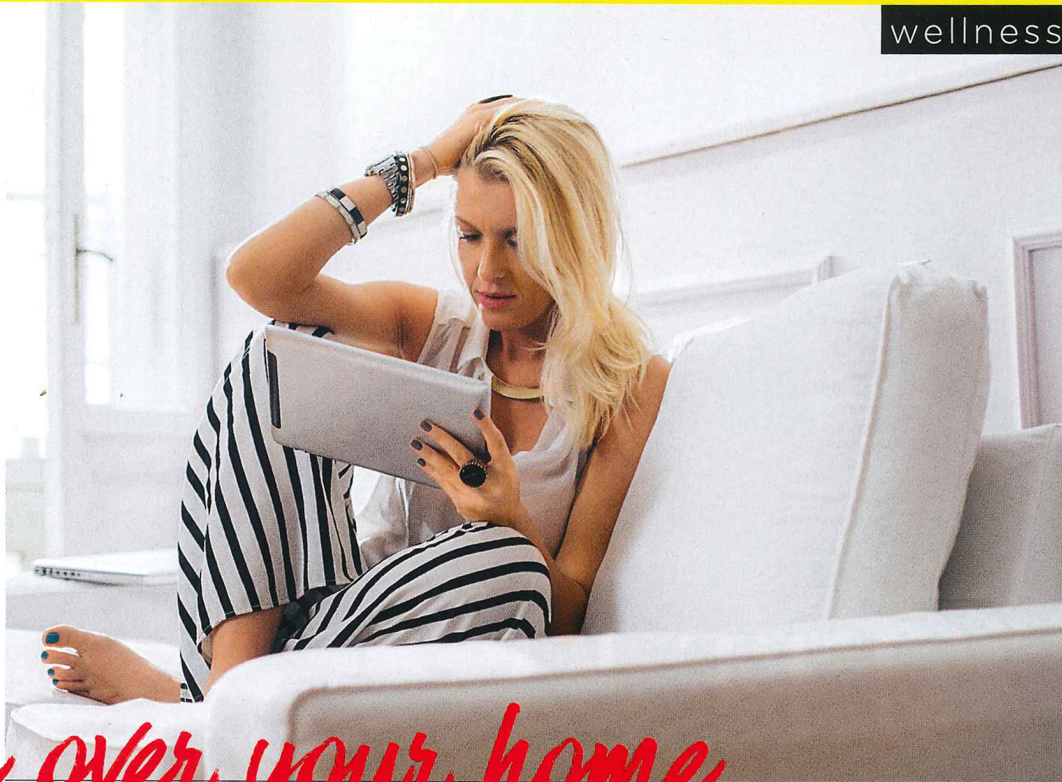


### Create a 'quiet space'

You don't need to have a dedicated room. It might be a spot in the living room where you can enjoy the morning sun. It could be in the garden. Keep the space clutter-free, and add a mat, cushion, meditation stool or chair. Keep furnishings simple and have gentle lighting.

- Dr Craig Hassed, mindfulness coordinator at Monash University and co-author of *The Mindful Home*



# Make over your home

### Cut the crap

Deciding what to keep and what to toss during a clear-out? Ask yourself:  
 > When was the last time I used this? If you can't remember, you don't need to hang onto it.  
 > Am I ever going to need this again? If an item's usefulness has passed, get rid of it.  
 > Am I keeping it because there's a small chance I might need it later? Be honest. You won't.  
 > Am I holding onto it because I feel guilty for spending money on it? Accept that the cash is gone, and aim to make your financial decisions more carefully next time.

- Rachel Hoffman, author of *Unf\*ck Your Habitat*



## GET OVER THE MESS

No time or inclination to do one of those marathon cleans? Then just clear up your tops. When your flat surfaces are clear, you feel like you're making serious progress. Just do the benches, tables, dressers, countertops, etc.

- Rachel Hoffman

## Healthy reno

Kit out your home for wellbeing and eco points



**Clean up**  
 Ethical ingredients? Check. Eco-friendly? Yep. Dr Bronner's Pure-Castile Liquid Soaps boast 18 uses, from dish to dog washing. From \$5.95, [drbronner.com.au](http://drbronner.com.au)



**Get inspo**  
 Rebecca Sullivan's *The Art of the Natural Home* reveals how to make household stuff like floor polish using natural ingredients. \$39.99, [Simon & Schuster](http://Simon & Schuster)



**DIY herbs**  
 Cut back on waste by growing your produce. The Glowpear Mini self-watering planter can sit on your kitchen counter. Bonus: easy to assemble. \$129, [glowpear.com.au](http://glowpear.com.au)



**Pot luck**  
 Eco Max kitchen brushes are made from natural materials like coconut fibre rather than plastic. Plus, they look way better than those green scrubbers. From \$3.95, [floraandfauna.com.au](http://floraandfauna.com.au)



**Air it out**  
 The super quiet Dyson Pure Hot+Cool Link purifier is a triple threat – it captures allergens and pollutants, works as a cooling fan and as a heater. You can even monitor air quality via an app. \$799, [dyson.com.au](http://dyson.com.au)



**Fair cup**  
 Swap single-use cups for Frank Green's BPA-free, Aussie-made SmartCup. A clever tech feature even lets you tap and pay via the lid. \$34.95 (340ml), [frankgreen.com.au](http://frankgreen.com.au) **WH**