



Interiors refined by nature

A PLACE TO BE

NO.1
SPRING

SPRING
ISSUE NO 1
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THE WILD ONES

HOW CAN WE TURN THE
IDENTITY CRISES OF TEENS
INTO STRENGTH?

NATURAL PATTERN

CREATE THE ULTIMATE
SANCTUARY

PLANTS FOR BEGINNERS

THE UNKILLABLES





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For those that are not giving up.

THE WILD ONES

How can we harness the identity crises experienced by teenagers and transform them into strengths?

Amidst the tumult of adolescence, where young minds grapple with a myriad of pressures—from academic demands and family relationships to the complexities of friendships—it's imperative that we offer them spaces to flourish.

By reconnecting them with the natural world, we can guide this generation towards making informed choices and finding solace in simplicity. Biophilic design aims to create indoor spaces that evoke a sense of connection with nature in either the obvious and more understated ways. As we take deliberate steps to reshape our surroundings, we empower adolescents to seize the potential of each day. In an era where the names of Instagram influencers often eclipse knowledge of wildlife species, our bond with nature seems more fragile than ever.

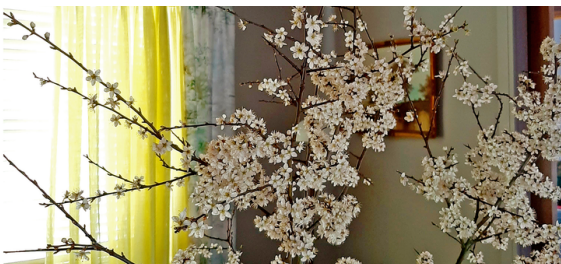


VITAMIN “N”

Each day, every action, and every choice - whether we're at our desks or amidst nature's embrace - holds the potential to shape a world where we can thrive and relish in the rejuvenating essence of Vitamin N (nature). Spring, with its vibrant awakening, reignites our intrinsic bond with the natural world. Nature, impulsive and inspirational, continually beckons us to explore its boundless wonders.

The changing of seasons embodies a certain magic, offering us the opportunity to marvel at nature's ongoing transformation. As spring unfolds, it serves as a universal unifier, bridging countries and cultures worldwide.

Consider, for instance, the diverse ways in which different countries celebrate the arrival of spring. Each tradition offers a unique glimpse into the cultural significance of this season and the profound connection it fosters among communities across the globe.



Bulgaria - white & red bracelets are worn to honor Baba Marta (Grandmother March) from 1.3. The bracelet is then taken off when one sees the first signs of spring and ties it to a blossoming tree.

India - the well known “Festival of Love” is a joyous explosion of colour is a time to forgive others, forget past mistakes and forge new friendships.

Czech republic - the outdoor bonfires during Witches Night on the last day of April is sending a clear message encouraging any stubborn wintry spirits to leave for good. Spring evening spent by the fire with friends, roasting sausage, singing songs and staying up late is a tradition I remember fondly.

3 CREATIVE TIPS

1. Outdoor Exploration Challenges

Teens - it's fun to be outside! Embark on outdoor exploration challenges that spark your curiosity and ignite your sense of adventure. Create a list of nature-based tasks/ activities and challenge yourself to get your hands dirty replanting house plants or build a bird feeder using a pine or a coconut shell. Remember to reward yourself for your accomplishments.

2. Nature-Inspired Art Projects

Express your creativity through nature-inspired art projects that capture the essence of the spring season. Create artwork that reflects the beauty and vitality of spring, whether it's a colorful landscape painting, a detailed sketch of blooming flowers or a whimsical collage of foraged oddments and then host an art exhibition and inspire others to embrace the wonders of the natural world.

3. Community Garden Initiatives

Make a positive impact on your community by getting involved in community garden initiatives focused on sustainable gardening practices. Attend organized gardening workshops to learn new skills and connect with the young and old. How about planting a seed bomb inside or outside?



SPRING IN YOUR STEP

GIVE INTO THE MESMERISING ENERGY OF SPRING



As we bid farewell to winter's chill, it's the perfect time to infuse our indoor environments with the vibrant energy of the season. Residential spaces have a profound impact on our physical health and emotional well-being, influencing our overall quality of life. Factors like adequate daylight, nature views and colours that promote mental well-being can all contribute to creating a space that nurtures our minds and bodies.

Considerations such as acoustics, indoor air quality, ergonomics, furnishings and scents play vital roles in shaping our indoor environment and ultimately our sense of fulfillment. So, let's welcome the magic of spring into our indoor spaces and create environments that support our journey toward a healthier and happier life!

"Some old fashioned things like sunshine and fresh air are hard to beat."

{LAURA INGALLS WILDER}



3 CREATIVE TIPS

1. Design for Comfort

Consider incorporating ergonomic furniture and design elements into your living/ study spaces to prioritize comfort and well-being. Choose supportive chairs, adjustable desks and soft furnishings that promote good posture and reduce strain on the body.

2. Balance Colours Thoughtfully

Strike a harmonious balance between active and passive colours to create a visually pleasing and emotionally supportive environment. Active colours like yellow, red and orange can energize and stimulate, while passive colors like blue and green can promote relaxation and tranquility. Customize your colour palette to create a space that feels balanced and uplifting.

3. Harness Natural Light

Maximize natural light in your room to not only regulate your circadian rhythm but also boost your vitamin D levels and overall well-being. Position your desk near a window to take advantage of natural light while working or studying. Consider using light, airy curtains or blinds to allow sunlight to filter into the space throughout the day.



GIVE ME A ROUTINE

As the brain rapidly develops and hormones surge, navigating the whirlwind of social pressures and daily challenges can leave our teens feeling drained.

Adolescence often brings about a shift in their sleep patterns, turning many teens and young adults into "night owls" naturally inclined to stay up later. But what if there was a way to introduce some stability into their lives?

Establishing a routine that includes consistent sleep patterns, a regular morning regimen, exercise and dedicated "me time" could offer a sense of predictability amidst the chaos.

- Promote happiness

Carving out time for self-care and relaxation is essential for maintaining mental and emotional well-being. Whether it's reading a book, listening to music, journaling or engaging in exercise, encouraging teens and young adults to prioritize activities that bring them joy and fulfillment is paramount.

Engaging in physical activity, whether it's a brisk walk, a workout at the gym or even a yoga session, activates the release of chemicals called endorphins. Endorphins act as natural mood elevators, leading to feelings of happiness and well-being. As endorphin levels increase in response to exercise, you may experience a sense of euphoria or a "runner's high." This mood-enhancing effect can last for hours after exercise, contributing to a more positive outlook and improved emotional state.



3 CREATIVE TIPS

1. Mood-Boosting Morning Rituals

Start your day on a positive note - begin with a few minutes of gentle stretching to wake up your body and promote circulation. Kick-start your endorphin production with a quick exercise session, whether it's a brisk walk or a short workout routine.

2. Stress-Busting Midday Breaks

Take advantage of your lunch break or study period to engage in activities that promote relaxation and rejuvenation. Head outside for a short walk in nature to soak up some sunlight and fresh air or practice mindfulness meditation to calm your mind and center yourself. Deep breathing exercises to release tension. By carving out time for self-care during the day, you'll recharge your batteries and boost your resilience to stress.

3. Evening Wind-Down Rituals

Set the stage for a restful night's sleep by winding down with soothing evening rituals. Start by dimming the lights and creating a relaxing atmosphere in your space. Brew a cup of herbal tea or indulge in a warm bath with calming essential oils to relax your body and mind. Disconnect from screens at least an hour before bedtime and instead, engage in calming activities such as reading a book or listening to calming music.



NATURAL PATTERN

Create the ultimate sanctuary, a place to unwind, feel safe and comfortable whilst striving for the feeling of content.

In the hustle and bustle of our daily lives, it's easy to feel overwhelmed and disconnected from the world around us. But what if I told you that nature holds the key to unlocking your full potential? From the rhythm of the seasons to the patterns found in the natural world, there's much we can learn from Mother Nature about living our best lives.

Embracing the rhythm of the seasons can help us tune into our own natural cycles of energy and motivation. As spring bursts forth with new life and energy, let it inspire you to embark on new adventures and pursue your passions with enthusiasm.

- Growth

Growth is a constant process of adaptation and transformation. As teens, you too are undergoing your own process of growth and transformation. Embrace the challenges and opportunities that come your way, knowing that each experience is an opportunity for learning and personal development.



3 CREATIVE TIPS

1. Incorporate Round Shapes and Spherical Objects

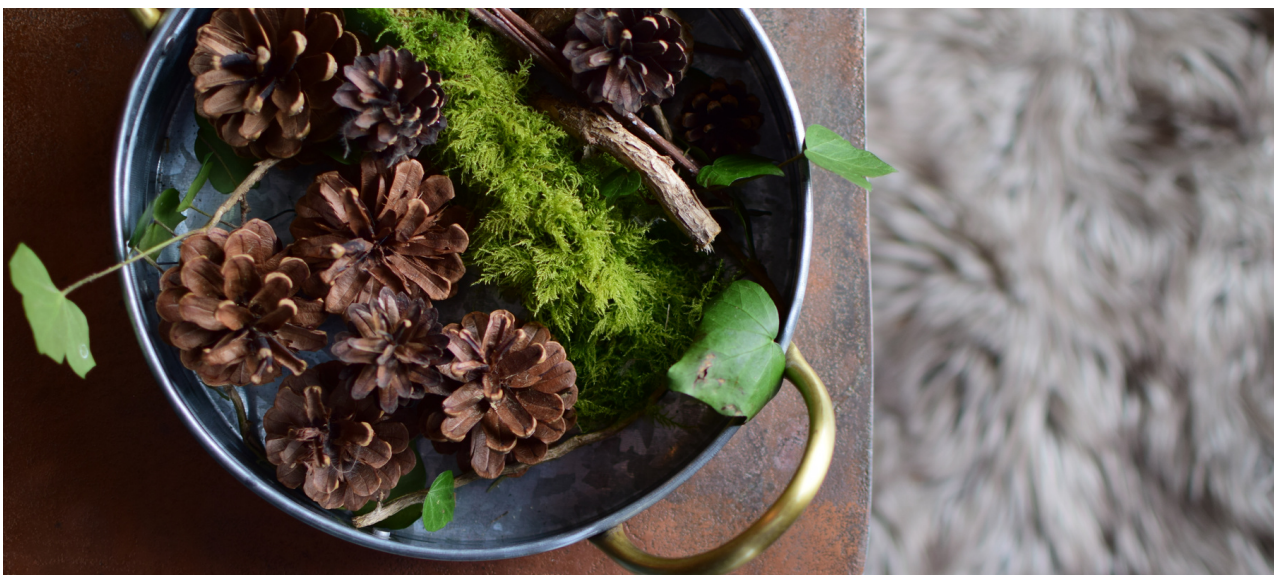
Enhance the positive atmosphere of your space by incorporating round shapes and spherical objects into your decor. Consider adding round throw pillows or ottomans to your seating area to promote feelings of approachability and friendliness. Decorate with spherical vases, lamps or decorative objects to create visual interest and balance in the room.

2. Choose Calming Blues and Greens

Transform your space into a serene sanctuary by incorporating calming blues and greens into your colour scheme. Experiment with different shades to find the hue that resonates most with you and promotes a sense of tranquility. Whether it's a soft pastel blue or a lush sage green, these colours have a remarkable physical effect on our mood, helping to promote relaxation and reduce stress.

3. Maximize Natural Light Exposure

Optimize natural light exposure in your room to maintain a positive mood. If your space lacks natural light, introduce furniture and accessories with reflective surfaces, such as mirrors or metallic accents, to bounce light around the room and create a brighter atmosphere. Additionally, invest in task lighting with the right light bulb temperature to provide adequate illumination for specific activities, such as reading or studying.



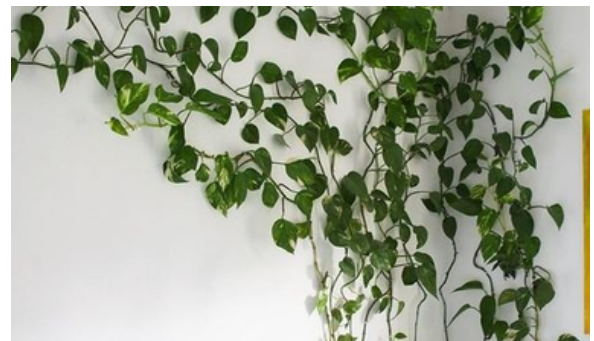
THE UNKILLABLES

Embrace unusual yet resilient green companions known affectionately as "The Unkillables"

These are the resilient, quirky, and often unconventional plants that thrive even in the hands of the most novice gardeners. Remember, there's no greater joy than being the one to gift a plant to a friend, simply because you believe in the power of greenery to brighten their day and uplift their spirits.

Mikado snake plant
Fishbone cactus
Blue star fern
Cast iron plant
Jade necklace

Birds nest fern
Chinese Money Plant
Shamrock plant
Spiral cactus
Peace Lily



**“YOU ARE THE
AVERAGE OF
THE FIVE
PEOPLE YOU
SPEND THE
MOST TIME
WITH”**

{JIM ROHN}

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