

Minimalist Interiors

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“Simplicity is the ultimate sophistication”. These words attributed, to Leonardo Da Vinci apply just as much in the 21st Century as they did in the Renaissance. These days it’s also perhaps key to our mental wellbeing..

Here are our top tips...

Cookes | LIFE well furnished

The
— Edit —



Minimalist NIRVANA

Our modern lifestyles give us all the information we could ever need at our fingertips, and all the stimulation, luxury, gadgets and experiences we can cram into life. This can inadvertently cause stress, overwhelm and dissatisfaction with our life.. We have so much choice, and often so many 'things' that we can start to crave the simplicity of a hand written thank you note, a walk in the woods, or half an hour curled up on the sofa reading a book. The antidote to modern life's stresses could well be found in simplifying your home environment. So how to achieve minimalistic nirvana in your home?

Declutter YOUR SPACE

Declutter your living space and get rid of anything that doesn't bring you joy (or serve a useful purpose). William Morris said it best "Have nothing in your house that you do not know to be useful, or believe to be beautiful." Take your time to look at things with fresh eyes, and really think about what emotion or memory an item may bring up for you. If it's not a positive one, it needs to go (or at least be put out of sight).





Relaxing BEDROOM

Create a functional and relaxing bedroom. Think about that feeling you get when you walk into a luxurious hotel room. It feels good because there's nothing creating clutter or visual discord. Everything serves a purpose, it usually all matches or coordinates and you just have the essentials - bed, dresser, wardrobe, bedside tables, and lamps. Can you emulate that in your own bedroom?

Organized HOME OFFICE

Create an organized home office with just the necessities - computer desk, filing cabinet or drawers for papers, pencil drawer (or whatever is necessary). Clear your desk every evening and keep as much as possible out of sight. (And banish the multi-colour post it note reminders - if it's important set a reminder in your diary or phone).







Open SHELVING

Use open shelving to organise books and display plants or ornaments, but if you're installing say a media wall, or large display unit, ensure you have storage cubbies, or drawers to hide away things like electronics, paperwork, and odds and ends, which aren't worth displaying.

Upgrade YOUR STORAGE

Go through your clothes; if they don't fit or haven't been worn in over a year then donate them to charity. Sometimes the answer to a more streamlined life is more storage, but always declutter first, otherwise you could be spending money on new furniture, needlessly. If after this process you feel you need to upgrade your storage, then do of course come and have a look at the roomsets at Cookes Birmingham or Christchurch to find your perfect style.





Visual WHITE SPACE

Get rid of any knick-knacks that are taking up valuable space on shelves and surfaces around the house. By all means have some well-considered ornaments and artwork, but random 'stuff', is only going to make you feel stressed. You don't have to complete de-personalise your home, though, create a small display on your coffee table or bookshelves, but don't forget to leave plenty of visual white space.

Storage FURNITURE

Consider furniture which doubles up as storage, for example an ottoman bed for your duvets, pillows and out of season bedding, a footstool with a lift-off lid, or could you go for wider bedside tables or cabinets which can hold more than a book and a bedside lamp?





Less IS MORE!

If you've been thinking about creating a minimalist home, the science is on your side! By making conscious decisions to declutter and simplify our lives we can be happier, more efficient and less stressed. Simplifying by removing things from our homes doesn't mean that we're lacking in anything - it means that what's left behind will have greater value because of its rarity. We hope these tips will inspire you to start living a life with less stress and clutter so you too can experience the benefits of minimalism at home. What are some ways you plan to clear away all those physical distractions?