



Photo by Kate Max Stock

FEBRUARY 2021: Home + Heart Connection

Every February, I place a banner across the fireplace mantel that features heart patches on burlap squares. In the midst of winter, love is bursting on the toasty inside of our home.

Coincidentally, the fireplace is physically located in the heart of the house. I am not sure if the home builder or designer considered this, I like to think so. The fireplace is where everyone gathers. The remaining rooms surround the fireplace on the blueprint. Mermaid Home's design is a testimony of the home + heart connection.

The famous line in my favorite holiday movie "Love Actually" is "**love actually is all around**". We watch that movie in front of the fireplace, and indeed it is.

I was a bit nervous to write this blog. This is a sacred topic. Your home is your retreat, your sanctuary, a place where you play, work, exercise, pray, and love. It provides your essentials, where you eat, sleep, and shelter. In this past eleven months, we have become more intimate with our homes. We are gifted more time to learn, grow, create, explore, and discover while at home, hands-on or digitally.

This is why we do what we do, professional organizers, to optimize your home life. We walk the journey with you, and **we believe peaceful spaces in your home is a way to show and give love.**

A peaceful home is also a home with less stress. February is not only full of valentines, it is also American Heart Month. Lowering your stress and keeping your hearts strong and healthier is also why we do what we do. We give you systems that reduce your stress, help you easily find and use what you need, and enjoy what you love.

We consider this time in quarantine to be a gift. A chance to look at each space and figure out how it can be best used for future guests, gatherings, and celebrations. Merman and I are new grandparents, and we are taking this time to consider how our beautiful granddaughter will rule this house and how she will experience joy here. Which room will she play in, create in, rest in, and do those rooms give to those delights?

Is it painting a fresh color, making room in a closet, creating a play space, or donating past things for a new chapter? Make a plan and draw a big heart around it.

Here are five things to help your home be heart healthful:

1. Fill and organize your pantry with super foods. Add a sectioned lazy susan for quality vitamins and immunity boosters.
2. Teamwork makes the dream work. Update your "command center" to include a shared calendar that focuses your quaranteam on pitching in and reducing the main taskmaster's stress (Hello moms out there!). Learning about and taking accountability for the greater good is a daily practice.
3. Create a space that encourages you to stay young at heart. A reading nook, a craft table, a music room, a space dedicated to games, recreation, and hobbies. Then, centrally organize the things that empower you to do those activities.
4. Engage your smell to reduce stress. Daily use of essential oil diffusers or soy candles and reed diffusers (if you have pets). I burn a candle in my office when I am under deadline or immersed in creative writing such as writing this blog or the Mermaid Musings newsletter.

5. Make space to dance. That's right, you should be able to dance in each of your spaces (including your office or closet). Enough space to twist and twirl and laugh. Not stepping over laundry or shoes or paper piles, but a space where all that is put in its place so you can dance.

This approach is built on love and hope and joy. Take a look around. You may see the same four walls, or do you see love bursting in and filling in the spaces?

What is your home + heart connection? What is your home love story?