



The stepping stones in this whirling backyard design mark a path leading to a small lawn pad with a central focal point, which can be a sculpture or a water feature—any figure that captures the attention, calms a busy mind and focuses on simple beauty.

GARDEN

A CALM ESCAPE

Find peace, rest and energy—just by walking out your door. That’s the goal of creating a mindful, or even meditative, exterior space. Landscape architect John Gishnock III of Formecology in Evansville specializes in natural and eco-friendly landscaping and suggests several ways to create a sustainable, healthful landscape of your own.

KEEP IT SIMPLE; CLUTTER INCREASES STRESS. THEN ADD JUST A FOCAL POINT OR TWO.

THINK ABOUT WHAT PEACE AND QUIET MEAN TO YOU. CREATE A SPACE WHERE IT’S EASY TO STAY **FOCUSED AND RELAXED.**

PERSONALIZE IT WITH DÉCOR, LIGHTING, SCULPTURE, ALTARS OR FURNITURE THAT HELP YOU IDENTIFY WITH THE SPACE. USE YOUR FAVORITE CALMING COLORS.

ADD GREENERY TO ENCLOSE THE AREA AND MAKE IT FEEL SAFE. KEEP OR ADD SHADE TREES FOR COMFORT.

MAKE A LABYRINTH. A CONSISTENT AND PREDICTABLE WALKING PATH HELPS YOU CONCENTRATE ON YOURSELF AND ERASE DISTRACTIONS.

ORGANIZATION

CLEAN DESK, QUIET MIND

There’s something stress inducing about those piles of paper that grow every day on your home office desk or countertop. And the longer you wait to take control, the more disquieting they become.

“Organizing projects heighten mindfulness. They force us to slow down and identify the process and find solutions,” says professional organizer Claire Matejka, who runs the Madison-area business Life: Organized.

How to tame that stressful mess for good? Matejka offers these simple tips:

- Reply to solicitations and ask to be removed from mailing lists.
- Go paperless.
- Only keep and file paper you need to retrieve.
- Set up a mail station. Keep all your basic supplies for bill pay and disposal in one place.
- Design a filing system around the main user. If you pay the bills, keep the system in a place you find comfortable and convenient.
- Take pictures of catalogue items you want with your smart phone rather than bringing home a bulky brochure.