

Stylish Solutions

Don't Let Fall Transitions Knock You Sideways

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Set up a planning station with an inspirational item that could work in the next season in your home. It helps you to take on the changes to be made.

A Present-Future Mindset is one where we design spaces and places to make us what we want to be in the future, instead of building proverbial altars to the past.

It could mean a computer room becomes a library when the children leave, or an office becomes a guest room when parents move in with us. Embracing the change of seasons in design as an opportunity for fresh aesthetic is always fun. Take



These clear display boxes from Pottery Barn are great for small items like keys or flash drives that can be easily lost.

time to shop at new stores, look for inspiration and schedule some time to just examine how you really live in your space.

May these tips be an encouragement to us in Lamorinda, as we see colors change and fall routines start to gel. These should relieve stress from your decorating and design “pop-ups.” Give yourself the gift of time to shop for some inspiring home décor pieces to hold those backpacks and books, and set aside time to plan for the holidays. Even an hour a week, every week for the next month, would be sufficient to alleviate the panic that comes from expectation of a perfect home. (Hint: there is no such thing). It’s about creating your own environment and stewarding your home so the people inhabiting it can become something in the future.

For more information on our encouraging Facebook Live videos, visit www.facebook.com/couturechateau and consider joining us for www.stressfreeholiday-home.com workshop online. When a licensed psychologist says the course relieves stress, you know it’s a good sign.

Until next month, stay stylish!



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