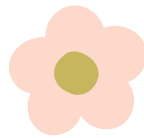


# Freshening up your home for



Are you starting to feel that warm sun? Do you hear the birds chirping? Are you noticing the flowers poking through the soil? Soon spring will be here! It is a time to enjoy the milder temperatures, celebrate the longer days of the season and soak up some good old vitamin D! It's also a time you may notice people's moods are lighter and the windows can be opened to let that fresh air in. Speaking of those windows, spring is also a great time to freshen up and clean around your home to ensure your family's health and happiness. As a military family, we try to declutter as often as possible, with the worry of an upcoming PCS, and also for the sake of keeping things tidy! So I do find myself jumping at any opportunity to organize and declutter. Purging the extras from your house will leave your space feeling so much lighter and easier to clean with less "things". Taking the time to partake in this annual deep cleaning to freshen things up can give you a sense of accomplishment, a more peaceful mood, a deeper sense of focus and can improve home safety for your loved ones. It's a wonderful way to give your home a fresh start and leaves you ready to tackle the new season.



## **Brighten your Decor**

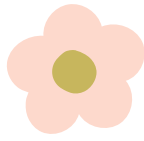
Swapping out the warm colors of fall and winter, to the brighter tones of spring will work wonders to lighten the space in your home. Try some pastels or even some bright colors to bring a pop of color around your home. You'll be surprised how much "happier" your room will feel and how others respond to the changes.



## **Change out Window Treatments**

A signal spring has arrived is that first time you can again open the windows! We love keeping our windows open and letting the fresh air in, so we even switch out our curtains. We either opt for a nice sheer curtain to allow the light to shine through but still give us a bit of privacy, or we opt for naked windows, to take advantage of the natural lighting and beauty

of the outdoors. This always encourages me to get some fresh new plants, or relocate my existing collection to enjoy the newly found sunshine. Take the time to switch things up, your family will appreciate the special touches and feel the freshness of it all! Put some fresh flowers on the countertop or table, and enjoy bringing more beauty inside. I'm a big fan of Trader Joe's fresh assortment bouquets!



## **Update Outdoor Spaces**

Don't forget your outdoor spaces, find a special welcome mat that reflects your vibe, stop at the local nursery and make it a family affair to plant some fresh and vibrant flowers. Give your patio furniture a nice cleaning and take advantage of the outdoor space and broaden your home's living space.

In closing, take the time when you can to enhance your family's space, whether by decluttering, cleaning and/or switching out some of your accessories. I know when I make the effort, it really does improve my mood, my family appreciates it, and it starts spring on a happy positive note. Enjoy!