

# Decorator's Notebook



## Colors To Make That Empty Nest Vibrant And Inviting

(NAPSA)—Color has a lot to do with the emotional connection people have to a home. That is one reason why, when homeowners experience personal change, they often think of painting and remodeling the house.

For example, once a teenager has left the home for college or a “first apartment,” parents will often take on redecorating or painting to help mark the new phase of life they are about to enter. This period is referred to by many as “empty nesting.”

If you find your nest is empty and you're thinking of redecorating and using space in a new way, here are some tips from the experts at Behr Paints:

- Empty the space. Get rid of some of the clutter and store the rest of your child's treasures in a safe place.

- Take an inventory of the furniture you have in the space. Does it go with the new use you have planned for the room?

- Get creative with color. This is a good time to express yourself and look for what you truly like. For instance: What colors do you particularly respond to? Do you like light or dark? Strong or muted?

According to Behr color expert Mary Rice, “If you are thinking of turning a remodeled area into a work space, remember the colors you choose can also affect your mood and productivity.” That's why she believes it's important to ask yourself some questions before you begin decorating.

Do you want a relaxing environment or do you need your workspace to be more stimulating? Will you be having visitors at your office? What style are you



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going to decorate with? Should the look of your office fit in with the rest of your home? Will it complement or clash with the type of business you conduct?

Some colors motivate, while other colors can distract. Having the right colors can make your office a better place to work. For instance, if you are easily distracted, you may need to surround yourself with soft, muted colors to relax and calm you and help you get down to work.

If you find motivation difficult, you may want to surround yourself with brighter colors to inspire you with more energy. Decide which colors best motivate you and project the right image for your working environment.

In home offices, some say the trick is to strive for a look between residential and commercial—for example, smart and warm rather than cool and corporate. Use colors from the rest of the house to help tie your office in with the living areas.

Cool hues help to quiet the

nerves, lift the spirits and soothe the soul. Psychologically, these types of colors are calming and meditative, leading to thoughtful concentration.

Warm colors, such as reds, yellows and oranges, are active—and can appear to move toward you, making rooms painted in these hues appear more intimate and cozy. These hues are often considered cheerful and invigorating. That can be positive for creative spaces and for people seeking stimulation from their work environment. Many feel these colors can be used to help awaken the mind and enliven the spirit.

Warm, muted tones tend to work better than bold, bright colors in office environments. Psychologically, bright colors are very stimulating but also tend to be distracting in working spaces.

Soft, muted or tinted whites are the best choice for the main wall colors in offices. Pure, bright white, when used in large quantities, can strain the eyes in a brightly lit work environment. Instead, use bright whites for trim and moldings to create a crisp, clean look.

Soothing, comforting, safe and secure, neutrals make a great background for almost any office environment. Neutral colors are comfortable, yet elegant and understated. Their subtlety makes them versatile, simple to use and very easy to work with.

Contributing to the thinking process, neutral colors are seen as open minded and cooperative. They are not distracting, making it easy to concentrate on the task at hand.

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