



Home Improvements

Look On The Bright Side: Combat Gray Days With Colorful Interiors

(NAPSA)—When the weather turns colder and you spend time indoors, you can still keep upbeat by introducing vibrant colors to your home's interior.

Many scientific studies have established links between colors and moods. Blue is generally regarded as peaceful and calming. Red is associated with energy and action. Green symbolizes nature and can create a refreshing, rejuvenating feeling.

“More and more homeowners are opting to use bold colors as they renovate or redecorate,” says Jim Rocchetta, vice president of Marketing for nationwide home-improvement contracting network Handyman Connection. “Whether they have their own ideas or get advice from a certified handyman, homeowners have more alternatives than ever before for bringing color into their homes.”

When you're considering brightening up your home with new wall coverings, here are the primary materials you have to work with:

1. **Paint:** for areas where people gather, such as living or family rooms, warm colors such as reds and yellows promote sociability. To create a feeling of calmness and serenity, bedrooms should feature blues or greens. A different color on one wall, known as an accent wall, can make a design statement without dominating the room. Lighter colors will make a room seem larger, while using complementary colors can add dimension and additional depth.

2. **Wallpaper:** wallpaper offers the advantage of multiple colors in a single pattern, which allows you more options in choosing your



furnishings and accent pieces. Dark colors or dense patterns can seem confining in smaller rooms, so be sure to obtain a wallpaper sample and see how it looks in the room before you decide.

3. **Tile:** although generally associated with the bathroom or kitchen, tile has become a more popular design element for introducing color into other rooms as well. Patterned tiles can be an especially effective complement to dining or transitional rooms.

Depending on your skill level, you may be able to tackle these projects yourself, or you can consult with a local professionally licensed handyman to discuss details and receive a cost estimate.

“It's amazing how a bit of color can make a big difference in a room's appearance—and your attitude, too,” adds Rocchetta.

You can keep the “blues” at bay during these chilly months by looking on the bright side—and adding some color to your home.

Jim Rocchetta is vice president of Marketing for Handyman Connection, a nationwide network of home improvement and repair contractors. For more information, call (800) 88-HANDY or visit Handyman Connection online at www.handymanconnection.com.