

Safe Haven Connect CIC

Creating a Calm Home Environment

A Practical Workbook

Version: 1.0

Welcome

Our surroundings can have a significant impact on how we think, feel, and cope with everyday life. A home doesn't need to be large, expensive, or perfectly tidy to support good mental wellbeing. What matters most is creating a space where you feel safe, comfortable, and able to relax.

If you're living with stress, anxiety, depression, or simply feeling overwhelmed, making small changes to your home environment can help improve your mood and reduce daily pressures.

This workbook will guide you through practical steps to create a calmer, more peaceful home—one small change at a time.

What You'll Learn

By completing this workbook, you will:

Understand how your home environment affects your mental wellbeing.

Identify areas of your home that may be causing stress.

Learn simple ways to create a calmer living space.

Develop routines that support a peaceful home.

Create your own personalised calm home plan.

Before You Begin

Remember:

Your home does not have to be perfect.

Progress is more important than perfection.

Small improvements can make a big difference.

Work at your own pace.

Every positive change you make is a step towards creating a home that supports your wellbeing.

Inspirational Quote

> "Peace begins in the spaces we create for ourselves, one small step at a time."

Module 1 – Why Your Home Environment Matters

Our environment can influence our thoughts, emotions, stress levels, and overall wellbeing.

A calm home can help you:

Feel safer and more relaxed.

Reduce stress and overwhelm.

Improve concentration.

Sleep better.

Feel more motivated.

Create opportunities for self-care.

On the other hand, a cluttered or chaotic environment may make it harder to relax or focus.

Everyone's home is different, and what feels calm to one person may not feel calm to another. The aim is to create a space that works for you.

Activity 1 – My Home Environment

Think about your current home.

How do I usually feel when I'm at home?

Which areas help me feel calm?

Which areas make me feel stressed or overwhelmed?

If I could change one thing about my home, what would it be?

Reflection

Creating a calm home doesn't mean changing everything overnight. Even making one small improvement—such as clearing a surface, opening a window for fresh air, or creating a quiet corner—can help you feel more settled.

> "Your home should support your wellbeing, not add to your stress."

Next: Module 2 – Decluttering for Wellbeing, where you'll learn practical, manageable ways to organise your home without feeling overwhelmed.

Module 2 – Decluttering for Wellbeing

Decluttering isn't about creating a perfect home. It's about creating a space that feels calmer, safer, and easier to live in.

Even spending 10–15 minutes tidying one small area can make a noticeable difference to your mood and reduce feelings of overwhelm.

Remember, every small step counts.

Why Clutter Can Feel Overwhelming

When our environment feels busy or disorganised, it can sometimes affect how we feel.

You may notice:

Difficulty concentrating

Feeling stressed or overwhelmed

Finding it hard to relax

Losing important items

Avoiding certain rooms

Feeling less motivated

Small, manageable changes can help create a greater sense of calm and control.

Start Small

Rather than trying to tidy your whole home, choose one small area.

Ideas include:

☐ Bedside table

☐ Kitchen worktop

☐ Coffee table

☐ Bathroom shelf

- ☐ One drawer
- ☐ Wardrobe shelf
- ☐ Desk
- ☐ Hallway
- ☐ Other:

Activity – My First Decluttering Goal

Today I will focus on:

How long will I spend?

- ☐ 5 minutes
- ☐ 10 minutes
- ☐ 15 minutes
- ☐ 20 minutes

What would success look like today?

Room-by-Room Check

Rate how each area feels to you today.

Room Calm 😊 Neutral 😐 Stressful ☹️

Bedroom	☐	☐	☐	
Living room	☐	☐	☐	
Kitchen	☐	☐	☐	
Bathroom	☐	☐	☐	
Hallway	☐	☐	☐	
Garden/Balcony		☐	☐	☐
Workspace	☐	☐	☐	

Which room would make the biggest difference if it felt calmer?

Simple Decluttering Tips

Work on one area at a time.

Take regular breaks.

Keep only what you use, need, or enjoy.

Ask for help if a task feels too big.

Celebrate small achievements.

Remember, your goal is to create a home that supports your wellbeing—not to achieve perfection.

Reflection

After completing one small task:

How do I feel?

What changed?

What small area would I like to tackle next?

> "Small changes made consistently can transform not only your home, but how you feel within it."

Next: Module 3 – Creating a Relaxing Space, where you'll explore simple ways to make your home feel more peaceful through lighting, comfort, calming corners, nature, and personal touches.

Module 3 – Creating a Relaxing Space

Your home doesn't have to look like a magazine to feel peaceful. A relaxing space is one where you feel comfortable, safe, and able to unwind.

Even making one corner of your home feel calm can positively affect your wellbeing.

What Helps You Feel Relaxed?

Think about the things that help you feel peaceful.

Tick any that apply.

- ☐ Natural light
- ☐ Soft lighting
- ☐ Fresh air
- ☐ Comfortable seating
- ☐ Blankets or cushions
- ☐ Houseplants
- ☐ Quiet surroundings

- ☐ Relaxing music
- ☐ Pleasant scents
- ☐ Favourite photographs
- ☐ Books
- ☐ Art or decorations
- ☐ A tidy space
- ☐ Other:

Activity – My Calm Corner

Choose one small area in your home where you can relax.

It could be:

A chair by a window

A corner of your bedroom

A cosy space on the sofa

A place in the garden

A reading corner

What would I like to include?

- ☐ Comfortable chair
- ☐ Blanket
- ☐ Cushion
- ☐ Plant

- ☐ Journal
- ☐ Book
- ☐ Colouring book
- ☐ Soft lighting
- ☐ Relaxing music
- ☐ Favourite drink
- ☐ Other:

Bringing Nature Indoors

Spending time around nature can improve wellbeing.

Simple ideas include:

Opening a window each morning.

Growing herbs on a windowsill.

Adding a houseplant.

Displaying flowers.

Looking outside for a few minutes each day.

Listening to birdsong.

Using natural colours and materials where possible.

Reducing Noise and Distractions

Too much noise or constant interruptions can make it difficult to relax.

Things you could try:

- ☐ Turn off unnecessary notifications.
- ☐ Reduce television background noise.
- ☐ Schedule quiet time each day.
- ☐ Listen to calming music or nature sounds.
- ☐ Use headphones if appropriate.
- ☐ Let others know when you need uninterrupted time.

Activity – Making My Home Feel More Peaceful

Complete the sentences.

One thing I could remove:

One thing I could add:

One habit that would make my home feel calmer:

One area I'd like to improve over the next month:

Reflection

Which change would make the biggest difference to your wellbeing?

How could you begin today?

What is one small step you can take this week?

Remember

Creating a peaceful home isn't about spending money or striving for perfection. It's about making intentional choices that help you feel safe, comfortable, and supported in your everyday life.

> "A calm space encourages a calm mind. Every small improvement is an act of self-care."

Next: Module 4 – Daily Habits for a Calmer Home, where you'll develop simple routines to reduce stress, maintain your space, and create a home environment that supports your wellbeing every day.

Module 4 – Daily Habits for a Calmer Home

Creating a peaceful home isn't something you do once—it's something you build through small, consistent habits. Simple routines can help reduce stress, make everyday tasks feel more manageable, and give you a greater sense of control.

Remember, your routines should support your wellbeing, not add pressure.

Creating a Daily Routine

Having a simple routine can help you:

Feel more organised.

Reduce feelings of overwhelm.

Keep your home manageable.

Make time for rest and self-care.

Your routine doesn't need to be strict. It should be flexible and realistic.

My Daily Home Routine

Tick the habits you'd like to include.

Morning

- ☐ Open the curtains.
- ☐ Open a window for fresh air.
- ☐ Make my bed.
- ☐ Wash up after breakfast.
- ☐ Spend five minutes tidying.
- ☐ Water plants if needed.
- ☐ Other:

Afternoon

- ☐ Put items back where they belong.
- ☐ Take a short break.
- ☐ Wipe down kitchen surfaces.
- ☐ Spend time in my calm corner.
- ☐ Go outside for fresh air.
- ☐ Other:

Evening

- ☐ Wash dishes.
- ☐ Prepare for tomorrow.
- ☐ Put rubbish or recycling out if needed.
- ☐ Tidy one small area.
- ☐ Switch off screens before bed.
- ☐ Relax with a calming activity.
- ☐ Other:

Managing Household Stress

If household jobs feel overwhelming, try:

Doing one task at a time.

Setting a timer for 10–15 minutes.

Asking for help if you live with others.

Taking breaks when needed.

Accepting that "good enough" is often enough.

Digital Wellbeing at Home

Technology can be helpful, but too much screen time can sometimes increase stress.

Ideas to create a healthier balance:

- ☐ Turn off unnecessary notifications.
- ☐ Keep phones away during meals.
- ☐ Have screen-free time before bed.
- ☐ Spend time reading or enjoying a hobby.
- ☐ Limit time scrolling if it affects your mood.
- ☐ Choose content that inspires or relaxes you.

Activity – My Calm Home Checklist

This week I will aim to:

- ☐ Spend 10 minutes tidying each day.
- ☐ Keep one room clutter-free.
- ☐ Open the windows daily.
- ☐ Make time to relax.
- ☐ Reduce unnecessary screen time.
- ☐ Spend time doing something I enjoy at home.
- ☐ Practise self-kindness if things don't go to plan.

Reflection

Which daily habit would make the biggest difference to your wellbeing?

What might stop you from maintaining it?

How could you overcome that challenge?

Remember

Your home doesn't have to be spotless to be peaceful. A calm home is one where you feel comfortable, supported, and able to recharge. Every small habit you build contributes to a healthier environment for both your mind and body.

> "A peaceful home is created through small acts of care, repeated day by day."

Next: Module 5 – My Personal Calm Home Plan, where you'll create your own action plan, set achievable goals, review your progress, and complete the workbook with practical tools for maintaining a peaceful home.

Module 5 – My Personal Calm Home Plan

You've reached the final module of this workbook. This is your opportunity to create a personalised plan that helps make your home a place where you feel comfortable, safe, and supported.

Remember, creating a calm home is an ongoing journey. Small changes, repeated over time, can have a lasting impact on your wellbeing.

My Calm Home Goals

Over the next month I would like to:

- ☐ Reduce clutter.
- ☐ Create a relaxing space.
- ☐ Develop a simple daily routine.
- ☐ Spend more time relaxing at home.
- ☐ Improve my sleep environment.

☐ Reduce stress in my home.

☐ Make my home feel more welcoming.

☐ Other:

My Action Plan

One area I will improve first

Three small steps I will take this week

1.

2.

3.

My Weekly Home Wellbeing Check-In

This week my home felt:

😊 Very peaceful

😊 Mostly calm

😐 Mixed

😞 Quite stressful

😓 Overwhelming

The biggest improvement I noticed was:

Something I still want to work on:

One thing I am proud of:

My Calm Home Promise

I promise to:

- ☐ Be patient with myself.
- ☐ Remember that progress is more important than perfection.
- ☐ Complete one small task at a time.
- ☐ Make time to rest and relax.
- ☐ Create a home that supports my wellbeing.

Signed:

Date:

Final Thoughts

Your home should be a place where you can rest, recover, and be yourself. It doesn't need to be perfect, expensive, or beautifully decorated to support your wellbeing.

By making small, intentional changes, you are creating an environment that encourages calmness, comfort, and resilience.

Take pride in every step you've taken. Even the smallest improvement is a positive investment in your wellbeing.

Congratulations!

Well done on completing the Creating a Calm Home Environment Workbook.

We hope the ideas, activities, and reflection exercises in this workbook help you create a home that feels peaceful, supportive, and uniquely yours. Remember, you can return to these pages whenever you need inspiration or a fresh start.

> "Home is more than a place—it is the feeling of peace you create for yourself, one small step at a time."

Disclaimer

This workbook has been created by Safe Haven Connect CIC for educational and self-help purposes only. It is not a substitute for professional medical, psychological, or therapeutic advice, diagnosis, or treatment.

If you are experiencing severe distress, have concerns about your mental health, or feel that you may be at risk of harming yourself or others, seek immediate support from a qualified healthcare professional or your local emergency services.

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About Safe Haven Connect CIC

Safe Haven Connect CIC is dedicated to providing free mental health and wellbeing resources, practical self-help tools, and supportive information to help people improve their wellbeing and build resilience.

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