



MAKE GOOD PLACES

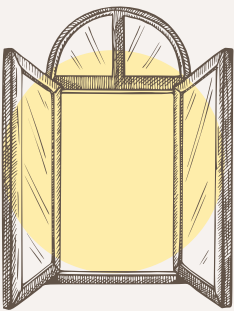
GOOD DESIGN 101



Good Design 101

Summary

This guide breaks down some of the core principles that underlie healthy, successful interior design. It is grounded mostly in biophilic design and neuroarchitecture. Regardless of your aesthetic preferences, these ideas can make you happier and healthier at home.



LIFE BEGINS WITH LIGHT

Design around light. Capitalize on chances to work, rest, and exercise in sunlit spaces. Embrace changing shadows and temperature variations. Light plays a critical roll in our health because of its role in regulating our circadian rhythms.



NATURE = A NATURAL HAPPINESS BOOST (EVERY TIME)

Every interior space should be designed to connect us to the natural environment. Maximize views outside and exposure to fresh, clean air. Looking out a window, a breath of fresh air, hearing birds chirp - exposure to nature has been proven to improve mood, health, and productivity.



REAL MATERIALS MATTER

Our brains and bodies know the difference between real and fake materials. We're healthier and happier when surrounded by natural materials, particularly materials like wood and greenery. Skip the synthetics when shopping. Fake plants don't cut it.



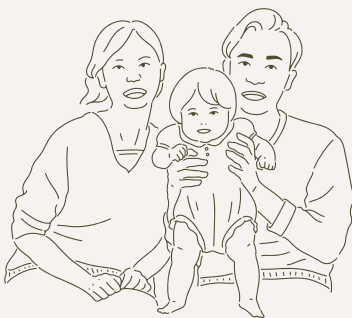
BOREDOM IS BAD

People are smart, and boredom fuels unhappiness and dissatisfaction in a space. Use a coordinated palette of varying materials, patterns, textures, and colors; draw attention to changing seasons and weather conditions. Create variety in sensory conditions (smell, sound, temperature, humidity), and lots of opportunities to play and practice hobbies.



WE ALL LOVE TO HAVE CONTROL

There's a reason we all want the TV remote. Individual control over environmental conditions (like lighting, sound, temperature, and views) increases our health and wellbeing. Give yourself and those around you as much freedom as possible through task lighting, multi-functional spaces, adaptable furniture, a variety of acoustic conditions, and window shades, among other strategies.



MAKE IT MEANINGFUL

Our homes have an enormous impact on how we experience and construct the narrative of our lives, so they should reflect, inspire, and support us. Always integrate unique heirlooms, objects, and photographs into your spaces. Foster opportunities to connect with your loved ones and create good memories.



YOUR HOME IS AN ECOSYSTEM

Think of your home as an ecosystem, a productive whole comprised of complementary parts. By functioning as the backdrop of our lives and the foundation of daily habits, our homes moderate and shape our access to water, natural light, fresh air, food, human and non-human connections, and information. The objects and furniture that define your home present a series of opportunities for constant and daily actions. Focus on making the most of the natural resources around you and creating intentional spaces that help limit bad habits while reinforcing good ones. How can your home can encourage and support balance in your life?



WELCOME TO MAKE GOOD PLACES



My name is DeeDee Birch, and I am the founder of Make Good Places. I created it as a resource to help everyone create happier homes that are healthier for people and planet. Make Good Places is grounded in a few simple ideas: that our homes shape our individual and collective wellbeing; that we can all make one good choice at a time; and that every person has the capacity to regenerate the world.

Find vintage and sustainable product recommendations, additional healthy design strategies, and articles about all things sustainability and interior design.