



HIGH COUNTRY HOMESTEADS

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# High Country Highlights

## Creating a Stress Free Home Sells

Stress Free homes are a trending niche in Real Estate. Due to the fast paced, stress filled lives many lead, buyers are looking to come home at the end of their day to their happy place to relax.

This trend is responding to the four important design elements women look for in a home. Ninety-one percent of home purchasers are influenced by women with 63% percent of buyers being married couples and women representing the second largest buying group at 18% (National Association of Realtors 2018 Profile of Home Buyers and Sellers).

The four important primary elements are entertainment, stress relief, storage and flexible living according to a study by Design Basics.

Women look for homes to make their lives easier, more convenient, more fun and more inviting to others.

When I came across an article on the topic, I did some research to find the common changes that people are making to their homes to reduce the stress level in their homes and to make them more appealing to buyers.

Here are some ideas:

- Bring the outdoors in. Have greenery outside your windows. Use landscapes, decorative



*Bringing greenery inside, adding a water feature and adding more natural light all contribute to a more stress free home. This view helps too!*

- natural objects and potted plants
- Create a feel good focal point in your entry way. The first thing you see should be something you love whether it be a piece of art, a favorite souvenir, vase of flowers, etc..
- Increase natural lighting and light up locations not the whole room. Soft lighting helps to relax. Put overhead lights on a dimmer. Avoid overhead fluorescent lighting.
- Simplify color schemes and patterns. Light colors such as dusty blue, or sage green and adding hues and tones that promote a sense of relaxation. If you mix patterns, keep their color schemes similar. If you like lots of color, keep the patterns simple.
- People gravitate towards natural, light colored wood that shows its grain. Less than 45% of the surfaces in a room should have wood grain.
- Organize daily debris. Have a designated place for every item that enters or exists your home to avoid the feeling of chaos or disorganization. Have a couple of fun containers near the door to place items coming and going. Shed any belongings that don't spark joy. Less is more applies to table and dresser tops. Have a few well placed meaningful items that put a smile on



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### Special points of interest:

- [Your Next Mountain Home at STS John Condo in Keystone](#)
- [Stress free homes—Sell Real Estate](#)
- [Focus on your view of paradise in the bedroom to promote a sense of relaxation](#)
- [What's going on in Summit County—Schedule of Events](#)
- [Bustang to drive to Ski Resorts this Winter! Loveland and ABasin are in. CDOT is talking to other areas.](#)



# Changes for a more Stress Free Home

your face when you wake up in the morning.

- For small spaces, create storage spaces by painting a bookshelf or cabinet the same color as the walls so it disappears into the wall. Light colors also make the room feel larger.
- Create pedestrian friendly paths in your home so you can walk without banging into the coffee table, Rearrange your furniture to make the paths more safe. Do not choose furniture that is larger than necessary.
- For Bedrooms, bring your fantasy to life. What does paradise look like to you? If it is a tropical island, add sand and sea shades with tropical touches. Is it a mountain or cabin feel, add colors, textures and accesso-

ries with those settings in mind. Use soothing hues. Also eliminate electronics in the bedroom. Viewing TV, computers or smart phones before bed has been shown to disturb sleep patterns

- Add Relaxing sounds and white noise. Add soft music in the master bedroom and bathrooms. With Sonos and Echo systems, these are easy to add to any room without having to rewire the room.
- Develop a Pet Center in your home where all of your pet's toys, food, feeding station and bed can be found.
- Install automated shades which can be controlled through a smart app on your phone or is activated when the

temperature hits a certain level.

- If you share your home with another couple or with parents, create dual owner suites. Bedrooms with sitting areas and ensuite bathrooms allows for personal private time for each couple.

If you are moving into a new home, this is a great time to add new features and instill some organizational features into your home from the get go. It was something I did when I moved into my new home last year and I am so glad I did.