



The HUSKIE HERALD

A weekly newsletter to help keep you entertained and healthy while self-isolating



MAKEOVER: RESIDENCE EDITION

Giving your home a full and thorough cleaning can be rewarding, and it can help with your wellbeing in addition to making your space look great! Once it's clean, try moving things around to give it a whole new look.



TIME FOR THE ANNUAL SPRING SUMMER CLEANING

Re-decorating can be as easy as putting up a new photo on the wall, getting a new shower curtain with a fun print, re-organizing your furniture layout, and simply de-cluttering your apartment by throwing away or donating all those items that you do not use that just take up space. Starting that dreaded summer cleaning seems like a very large and scary task, but it can create a sense of accomplishment, happiness, serenity, and clarity. Especially during times like these, maybe taking on a large task like cleaning and re-decorating is exactly what you need!

4 REASONS WHY



There are 4 main reasons why you should decorate your apartment and make it your own:

1. Because it is your home
Even though you don't own it, per se, it is still where you live, where you relax, where you return after work, and where you should feel the most comfortable. So why not put your personal touch on the space?
2. Because it is easier than it looks
There are easy and simple changes you can make that are easy to put up and easy to remove
3. Because it's fun and it challenges you to think outside the box
Why not have a little fun and truly make it your own? Hang those prints you've been collecting from your travels. Peruse a local antique shop, fall in love with a piece of furniture and add it to your space. Whatever you love, find a way to display it in your rental apartment
4. Because it sets you apart and you'll learn about your style
Take the time to spruce up your space, and your apartment will be the favourite place to relax from a busy day



DON'T MAKE EXCUSES



Having a clean and tidy space can do wonders for your mind and wellbeing. Studies have shown that having a clean room and living space can decrease stress, improve your quality of sleep, improve your mood, and increase productivity.

Even though cleaning up your space or giving it a makeover has only positive outcomes, it can be easy to find excuses for why you can't get around to it. Be sure to steer clear of some of the more popular excuses:

1. You don't have time
You can make time for this, you are just choosing not to make it a priority. If you find it daunting, try taking just 15 minutes a day and do a little bit each day.
2. There's too much to do
If this is a reason why you're putting off cleaning, it's more reason why you should clean! Start by tackling one part of a room at a time. Try playing some music or a tv show to make the task more enjoyable.

Ready Reads

Home Body

by Joanna Gaines

From Clutter to Clarity

With Kerry Thomas

[HTTPS://YOUTU.BE/CRSDOIOGCRW](https://youtu.be/crsdoiogcrw)

Shameless Showtime

Interior Design Masters

On Netflix

The kitchen sink is usually the place in your home with the most germs.

Thoughtful Thinking

Fact of the week