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Creating a Nurturing Space

On any given day, we may or may not spend much time inside our offices. However, when we do get a chance to sit at our desks, it would be nice to feel nurtured. A nurturing space is one that you enjoy, one that helps you feel relaxed – or even one that energizes you! Ideally, your personal nurturing space is where you can feel comfortable being your true self while you develop your potential.

These are the key characteristics of a **nurturing space**:

- **Safety and Security:**

A nurturing space can become your sanctuary where you feel safe from harm, both physically and emotionally.

- **Support and Encouragement:**

A nurturing space is where you feel encouraged to pursue your goals, take reasonable risks, and learn from your mistakes without fear of judgment.

- **Emotional Well-being:**

A nurturing space promotes positive emotions, reduces stress, supports well-being and growth, and fosters a sense of calm and relaxation.

- **Meeting Needs:**

A nurturing space caters to your physical, social, emotional, and cognitive needs, providing a balanced environment for development.

- **Sense of Belonging:**

A nurturing space fosters a sense of connection and belonging, whether it is with yourself, others, or the environment.

- **Personalization:**

A nurturing space reflects your personality, interests, and values, creating a sense of ownership and comfort.

- **Flexibility and Adaptability:**

A nurturing space can be a physical space, a mindset, or a combination of both, adapting to the individual's changing needs.

Whether your nurturing space is at work or in your home, that space could be:

- **A cozy reading nook:** A comfortable chair, soft lighting, and calming colours can create a space for relaxation and introspection.
- **A well-equipped, personalized office:** A dedicated workspace can promote focus and productivity.
- **A space in your garden:** Interacting with nature can help foster a sense of belonging and well-being.
- **A mindfulness practice:** Creating a mindful space within oneself through meditation or other practices can help create a space for mental well-being.

Nurturing spaces can also be healing spaces, a space that minimizes stress and provokes happiness.

Evidence-based design suggests that a healing space is often one that is clean, uncluttered, and peaceful.

Here are three suggested ways for creating a **healing space**:

Surround yourself with nature:

- Use natural light
- Incorporate views of nature through windows, skylights, or even with artwork that depicts scenes from nature
- Include flowers and house plants

- Enrich the space with delightful scents

Decorate with meaning, by adding:

- Photos of friends and family
- Symbols and objects meaningful to you
- Personally created or collected artwork
- Colours that suit you and reflect light – especially for our long, dark Canadian winters

Arrange furniture to encourage connection with a focus on:

- Comfortable, tactile, and soft textures, with pillows or throws for seating areas
- An organized and clutter-free environment

We each have an idea of our ideal space. Nurturing spaces are places you truly love, or that bring you pure joy. My office, for example, was designed to bring the forest indoors, from artwork on the walls, to personal hiking pictures with family, to live plants, to tree scents: the forest is my happy place, so I try to simulate it indoors.

What is your inspiration for your own nurturing, healing space?

Sources

<https://www.frenchcottage.net/7-ways-to-create-home-that-nurtures-you/>

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<https://www.naturalawakenings.com/2020/3/31/305050/a-home-that-heals-creating-a-nurturing-space>

A handwritten signature in black ink, appearing to read 'R. Myers'.

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If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpya.bc.ca.