



Guide To Refresh Your Home

On a Budget

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Abstract

No matter your budget, there are plenty of ways to make your home pretty, practical, and even more enjoyable. If you want to refresh your entire home on your budget in Sunshine Coast, then you have come to the right place. It becomes essential for you to explore this new and the latest PDF right now.

1. Introduction

We are here with this new PDF that may be very helpful and informative for you. Here, you are going to know your complete guide that will help you to refresh your home on your budget in Sunshine Coast. It deals with some of the best tips and tricks that can make your task easy and smooth.

2. A Clean and Tidy Home Can Boost Your Mental Health—Here's Where to Start

Some symptoms of depression are well known in Sunshine Coast: lethargy, a loss of interest in things you once found enjoyable, hopelessness, and deep sadness. But there are other depression warning signs you may not be aware of: stacks of dirty dishes in the sink; a towering pile of unfolded laundry that you washed days ago; boxes, wrappers, and bags dotting the disheveled landscape of your home.

We're all prone to messy moments, but when intense disorganization is accompanied by symptoms of high stress, anxiety, burnout, or depression, it's often an indicator that you may be struggling with your mental health.

It's no wonder that less-than-ideal mental well-being can often lead to unorganized surroundings. According to the DSM-5, the handbook that mental health professionals in Sunshine Coast use to guide their diagnoses, the criteria for depression include a diminished motivation and interest in activities, a slow-down of physical movement, loss of energy, and indecisiveness—all things that usually come in handy in order to keep your home clean and organized.

Scientific studies frequently find correlations between mental wellness and clutter. For example, one 2016 study from the University of New Mexico found that clutter directly interfered with the participants' ability to feel pleasure in a space.

And the tricky part is, if you're grappling with your mental well-being, but still desire a clean, organized home, you may, unfortunately, find yourself trapped in a vicious cycle, something Natalie Christine Dattilo, PhD, clinical health psychologist and instructor of psychiatry at Harvard Medical School, calls a chicken-or-egg dilemma. "Recent studies have shown that clutter in our homes is associated with higher cortisol levels [our stress hormone], but it's still unclear which comes first," she says. "Is it that when we are under stress, our ability to maintain a well-organized home becomes impaired? Or when our home is in disarray, does that make us feel more stressed, overwhelmed, and anxious?"

She believes it's a combination of both—high stress prevents us from organizing our homes, but the clutter itself can also lead to stress.

Shira Gill, organizing expert in Sunshine Coast and author of *Minimalista*, thinks clutter goes even further than taking an emotional toll on your mind, indirectly affecting other areas of our lives. She says clutter can additionally lead to relationship strains, along with financial stressors, which can

include late fees on lost bills and overspending by buying duplicates. Clutter can also distract you from focusing on other priorities.



The Positive Benefits of a Clean, Organized Home

Experts in Sunshine Coast agree that tidy, organized spaces can improve mental health. Gill says that a well-edited home can create "a whole cascade of mental health benefits," which can include a sense of clarity and control, an improved quality of life, a boosted sense of confidence, an increase in productivity, and a more tranquil atmosphere.

But whether you're dealing with a mental health condition or not, organization takes time and commitment. It's just more difficult when you finally get yourself out of bed and you're faced with a choice: shower or fold laundry? Cleaning may feel like a superhuman effort, but know that even if it's simply putting a dish away, it can pay off in big ways for your psyche.

"Decluttering requires decision-making, emotion regulation, prioritization, and patience," Dattilo says. "We receive important cues about how we're doing by what we're doing, and when we maintain an organized home, we reinforce the message that we are worth the time, effort, and practice it takes to live in a cared-for and curated space. In the same way that a cluttered space can make us feel overwhelmed and anxious, a well-organized and tidy space can make us feel calm and safe."

How to Get Organized—Especially if You're Struggling

Start small—very small.

Even if you don't wrestle with serious anxiety or depression, the undertaking of tidying an entire room or bursting closet can be extremely overwhelming, Dattilo points out. Make your clean-up goals as small and doable as possible. There are two great ways to do this. One, break up a clean-up job into chunks by reducing the size or scope. Dattilo recommends "setting yourself up for success by starting with a drawer, a bookshelf, or the kitchen pantry."

Two, set a time limit and stop cleaning the second it's up. Try Gill's "the 15-minute win" trick. "Set a timer for 15 minutes and knock out a single drawer," she says. "When you successfully tackle one shelf, clear a surface, or edit a single drawer, you'll start to see yourself as someone capable of getting organized, and gain the energy and momentum to keep going, one small project at a time."

Create simple systems.

When you're depressed, burned out, or anxious, it can be difficult to think clearly through all the "mental clutter" you're dealing with as well. That's why it's key to have some straightforward systems in place that will make it easier to keep your spaces in order.

"Take note of the items you frequently misplace and create a clear and designated home for each one," Gill says in Sunshine Coast. "For example, the keys can go on the small hook by the door, your phone can always be returned to the charging station in your office, and your sunglasses can live in your daily handbag when not in use. The key is to pick one intuitive and designated spot and commit to it."

Cultivate a mindful approach.

Dattilo says organizing is a great chance to practice mindfulness. "Commit to 'single-tasking,' and give whatever you're doing the attention it deserves," she explains. "Make the process meaningful or interesting in some way. By approaching it this way, even the most mundane task becomes a little more interesting. And anything that increases our enjoyment of a task increases the likelihood that we will do it again."

Ask yourself questions.

When you're decluttering with improved mental health as a goal, it's important to ask yourself questions that can help you focus on creating a space that supports your goal. Gill says the following questions are "rooted in abundant thinking" and will support you as you "keep things that are truly meaningful and functional for you in the present."

- Does this item support my current values and priorities?
- Does this item fit in with the vision I have for my ideal home?
- Could this item be useful/helpful for another person?
- Would I buy this item for full price today?
- Would it impact my daily life not to have this item?
- Is this item really worth the space it's taking up in my home?
- Is this item adding value to my life right now?

Bask in the glory.

When you've organized the junk drawer or taken on the linen closet, and you've done this task while stressed or blue, take time to really celebrate yourself and your accomplishment. This was no small feat.

"Spend time in your clean space," Dattilo says. "Let yourself enjoy it. When we take care of our home in an intentional and loving way, we send an important message to ourselves that we are worth the time and effort it takes and that we are deserving of a comfortable and well-maintained living space."

3. The Best Indoor Plants For Every Home And Skill Level



The best indoor plants are a warm and welcoming addition to any home in Sunshine Coast, but if you're not a natural green thumb, you might be overwhelmed at just how many options there are to choose from—big plants, small plants, hanging plants, succulents and so much more. Still, you don't have to resign yourself to a life of fake flowers and greenery if you have a reputation as a plant killer. There are plenty of indoor plants that can stand up to more extreme circumstances, including life in your home.

During our research, we spoke to several plant experts, including Eliza Blank and Erin Marino, founder and marketing director in Sunshine Coast, respectively, of The Sill; Summer Rayne Oakes, founder of Homestead Brooklyn and Plant One On Me; Nick Cutsumpas, plant coach and urban farmer; and Christina Stembel, founder and CEO of Farmgirl Flowers. Not only did they share their extensive flora wisdom, but they also offered up some of their favorite houseplant recommendations, including low-maintenance and low-light indoor plant options, as well as non-toxic plants for households with pets.

Peace Lily Plant (*Spathiphyllum*)

Peace lilies are known as some of the best plants for beginners, as they're easy to care for and give plenty of visual clues about their needs. To care for peace lilies, you'll want to water once a week or so. However, if you forget, the plant will wilt dramatically to let you know it's thirsty and perk right back up again after. It can tolerate low-light environments, but you're more likely to get those lovely white blooms if it's in medium to bright indirect light.

Pothos Collection

One of the easiest houseplants to grow, the Marble Queen Pothos has lovely heart shaped leaves and growing vines that will quickly fill your plant shelf with beauty. Because it can thrive in low-light environments and with less-than-ideal watering practices, this very undemanding species is excellent for beginners or for anyone who is less than diligent about their plant care.

Tillandsia Ionantha (5 Pack)

Air plants, like this Bromeliad Summer, often have no roots and soak up nutrients through their leaves, making them an excellent option for anyone who forgets to water their plants or doesn't have time to deal with soil issues. "Air plants like tillandsia are super easy and require indirect light and a biweekly soak in the sink," Cutsumpas says. "Just make sure to let them dry upside down, though, so the water doesn't rot the base."

ZZ Plant

The *Zamioculcas zamiifolia*, better known as the ZZ plant, is another reliable house plant option for beginners. It can withstand all sorts of less-than-ideal factors, like infrequent watering or dry air. And, most importantly for apartment dwellers or those who live in other shady spaces, the ZZ plant can easily tolerate low-light environments. Attractive as a standalone plant or grouped with other plants, the ZZ plant is a happy option for the kitchen or bathroom.

Cast Iron (Aspidistra Elatior) Plant

Just like its namesake, cast iron plants (or *Aspidistra elatior*, if you want to get technical) can withstand a whole lot of mistreatment. They do just fine in low-light areas and won't wither away if you forget to water it. They're rarely bothered by disease or insects, either.

Snake Plant

Available in a number of different varieties, this cheery plant with cool patterns grows straight up, which makes it a great choice for people with small spaces. Snake plants are also said to purify indoor air, so some folks like them for their supposed purification qualities, too. As an added bonus, they're very drought-tolerant—ideal if you regularly forget to water your plants.

African Violet Plant

African violets, which produce bunches of vibrant flowers several times per year, typically come in small 4-inch pots, so they won't take up much shelf space. The key to taking care of these pretty plants is not to overwater them. It's best to let them dry out between watering, and let them soak up water from the bottom, instead of pouring it over the top.

Bird's Nest Fern

While ZZ plants and snake plants are some of the best plants for beginners, they are toxic to animals. "If you have a curious kitty or doggy, then I would recommend keeping those plants away from them," Oakes explains. Instead, choose a bird's nest fern, a tropical houseplant with ruffle-edged leaves that provides a splash of green while being safe for furry friends.

Pilea Peperomioides

The *Pilea peperomioides* is another non-toxic plant that's ideal for a household with pets. "It's visually pleasing (the foliage looks like little lily pads, no pond required), easy to care for (its soil needs to dry

out fully in between waterings which in some climates can mean watering once every few weeks) and, as an added bonus, self propagates when it's being cared for properly," says Stembel. When this happens, little "pups" will sprout up in the soil around the main plant.

4. Easy Ways to Make Your House Smell Amazing



Sure, fresh flowers can help a room smell lovely, but what about the rest of the house? That's where these brilliant shortcuts come in.

How to make your house smell good

The coziest homes in Sunshine Coast smell amazing the second you walk into them. Even though you might think your home is cozy, you might be nose blind to the smells that have accumulated. After you vacuum and dust there can still be lingering smells and knowing how to get rid of fish smells and how to clean smelly shoes can really come in handy to make sure those unpleasant odors are gone for good. Also, if you have a furry friend running around, you're probably all too familiar with the products that help with pet odor removal. Getting the dreaded dog smell and cat smell out of your home can be tough, but these tricks will help with that.

Keep reading to learn how to make your house smell good (and stay smelling good). You can get rid of the stench in your fridge, microwave, and even garbage with a few simple tricks. An added bonus, most of the items to make your house smell good are probably already in your cabinets.

Get oven-fresh smells without baking

Fresh-baked cookies and pies smell amazing, but you don't need to make an entire recipe to fill your home with a warm scent. Brainstorming how to make your house smell good? Pour a teaspoon or two of ground cinnamon and cloves on a baking sheet. Leave it inside a 200°F oven for half an hour, keeping the door ajar. You'll fill your home with a lovely spicy scent.

Use dryer sheets

Tape a new dryer sheet, like these Lavender and Vanilla Bean ones from Downy, to the back of your dresser to make your underwear drawer smell fresher. You can also tuck some sheets behind curtains or under chairs.

Make fridge fragrance

You already know baking soda can neutralize fridge odors, but here's a new trick: Dampen a cotton ball with vanilla extract and leave it on a refrigerator shelf to add a pleasantly sweet fragrance. You could also try dabbing lemon juice on the cotton ball instead.

Put food scraps to use

An unfortunate side effect of garbage disposals is that they can start to smell like, well, garbage. If you're wondering how to make your house smell good, just toss leftover orange or lemon peels down the drain. Do it once a month to keep things smelling fresh.

Or try salt

No citrus peels? No problem. Dump half a cup of salt into the disposal, then turn on the disposal while running cold water. The salt will dislodge any waste stuck inside while neutralizing their odors.

Try a stovetop fragrance

You can make your own home fragrance without shelling out for expensive candles or diffusers. Add several lemon and orange peels to a cup or two of water, then let it simmer for a few hours, adding water as needed. You'll freshen the air and the pot in one step. You could also try this trick with a handful of cloves, keeping it simmering for half an hour.

Take an extra-luxurious shower

Tie a few eucalyptus branches together, then hang them on your showerhead, behind the stream of water. Your steamy shower will release the aromatic oils, giving you an invigorating wash time, according to blogger One Good Thing By Jillee. Eucalyptus oils can help with respiratory issues like asthma, colds, and sinusitis, so try this next time you're sick. The scent will stay fresh for about a week.

Flip a switch for scent

Steal this old realtors' trick: Turn off your lights until the bulbs are cool. Now place a couple of drops of vanilla extract on your light bulbs. When you flip the lights on, the heat will gently spread the scent and make your home smell like fresh-baked cookies. This works better with incandescent bulbs, which get hotter than CFL bulbs.

Catch fridge drips

Drips from bottles and containers can leave funky-smelling residue on the shelves of your fridge. To keep it contained, leave a plastic lid under each container to act as a coaster and catch the drips. Once

they start getting dirty, you can easily toss them in the dishwasher to clean the mess without scrubbing.

Get the stench out of plastic containers

Tomato juice is a surprising solution when soap and water won't get the smell of last week's dinner off plastic containers. You can also use it to wipe down a foul-smelling fridge.

Make it lemony fresh

Cut a couple of lemons in half, then place them cut-side-up in a dish. Leave the dish near a litter box or in a bathroom to give the room a lemon-fresh scent.

Freshen a freezer failure

When a power outage makes your freezer stop working, you could be left with the smell of spoiled food. Get rid of the scent by pouring fresh coffee grounds—even used ones will do the trick—in the freezer overnight.

De-stink your garbage

To keep nasty garbage odors at bay, sprinkle a bit of baking soda or borax in the bottom of your trash can. The crystals will help neutralize the smell of those kitchen scraps. Replace the powder every time you take out the trash.

Don't light every candle

No need to light the wick to get the yummy-smelling benefits of a candle. Leaving a few in unexpected spots will give you a pleasant greeting. "Try the linen closet, or anywhere fabrics might live and be able to absorb the scent," interior designer Dee Murphy told Good Housekeeping. "Not only do you get a nice surprise every time you open the door, but your linens will carry the aroma with them wherever you use them."

5. Pro Tips On How To Get Rid Of Musty Smells In Your Home

Sometimes removing visible dirt or stains won't be enough for a clean and pleasant living space. If you smell musty odours in your home or some specific areas, such as basements, a refrigerator, walls, etc, you need to find the source and treat it as soon as possible.

The main reason behind the unpleasant and musty smell is mould or mildew. It is one of the most common types of fungi that comes and grows in damp, humid and dark areas. If you are experiencing a smell like decaying wood or unpleasant odours around your kitchen, bathroom and basement, you need to remove the mould and mildew stains. The common causes of musty smell are water leaks behind walls, poor home ventilation, leafy roof, leaky air conditioner, etc.

Checking the humidity level inside your home and installing a dehumidifier to control the moisture of your rooms is always a good idea. It is also good to hire professionals for a quality end of lease cleaning Sunshine Coast to avoid rental disputes over cleaning things. They bring the industry's best products, cutting-edge tools and equipment to deliver sparkling and stress-free results.

If you are looking for some DIY tips to banish musty smells in your home, have a look at the following guide and make your abode smell fresh once again.



Let's Get Started!

1. Identify The Source Of Smell

This is one of the most important steps to banish musty smells from your home. Find out the source of odours by inspecting your abode. Start with the most suspected spots, such as bathroom walls, shower area, under the sink, basement, sofa or carpet.

Do not skip dark or moist areas of your home. Use your smelling sense and find out the mould spores.

You may need to hire professional cleaners who offer end of lease cleaning in Sunshine Coast if you can't locate the source.

2. Eliminate Mould Stains

The next step is to eliminate the mould and mildew stains from the surface. Instead of using store-bought products, you can use various non-toxic products to remove mould from your home. You can use:

Tea Tree Oil

Mix one teaspoon of tea tree oil with 1 cup of water and apply it to the affected surface. Leave it to dry and wipe away with a clean cloth. This can help you get rid of mould with ease.

Baking Soda

It is one of the best cleaning agents to remove mould and mildew stains. Mix one part of baking soda and lukewarm water to create a paste. Apply it to the surface and scrub using a brush. Rinse with clean water and treat lighter mould spores.

Diluted Vinegar

This antibacterial acidic ingredient can do a great job if you leave it for a few minutes before scrubbing or wiping. White vinegar can be used as the all-purpose cleaner to remove common household stains without causing any harm to the environment.

3. Open Windows For Fresh Air

You can get rid of musty smells if you keep your windows open for half an hour. Let the fresh air come inside your home. Increase air circulation in your home by turning on ceiling and attic fans.

Run your HVAC system to get the bad odours out of your abode. You can also open the interior doors, closets, cabinets and cupboards to remove the lingering smell.

4. Use A Dehumidifier

Mould and mildew love to grow in a moist and humid environment. You can tackle the musty smells and mould spores by reducing the humidity level inside your living space.

Do not keep your room's humidity level more than 50 per cent. You can get a hygrometer to check the moisture level. Installing a dehumidifier can resolve your problem if you suffer from high moisture or humidity.

5. Keep Your House Dust-Free

Dust-laden surfaces can also linger with musty smells. So, it is good to de-clutter your home and get rid of accumulated dust, dirt, pollen and allergens from hard surfaces.

You can use a damp cloth and start from the top of your room, such as a ceiling fan and make your way down towards the floors.

A microfiber cloth can pick up the dust with ease. So, use it and keep the dust at bay. You can also hire professional end of lease cleaners in Sunshine Coast if you are at the end of your tenancy.

6. Deep Clean Your Carpets And Upholstery Furniture

Make sure you vacuum clean your carpets, rugs and sofa twice a week. Delicate floor coverings and furniture harbour dust, dirt, pet hair and mould. For mould removal, apply white vinegar and warm water solution and blot it with a clean cloth.

Now, sprinkle a generous amount of baking soda and let it sit for an hour or until you vacuum it up. This can freshen up your carpets. You can also steam clean your couch, carpets and rugs.

7. Install Air Purifiers

You can run a HEPA-filtered air purifier because it can kill more than 99 per cent of particles present in the air. This includes mould spores, germs, dust particles, allergens and pollen that can cause unpleasant odours.



8. Use Natural Odour Absorbers

You don't need to buy expensive and fancy deodorisers from the local market or online store. Instead, use dry baking soda, coffee grounds, lavender essential oil, etc, to absorb odour.

9. Use Fresh-Smelling Scents

After removing mould and mildew, make sure you add a fresh and aromatic scent by simmering citrus peels and spices, such as clove, cinnamon sticks, etc. You can also light candles or use diffuser sticks.

Use essential oils, such as orange, lavender, rose, lily, etc.

10. Fix Water Leakage Problem

Water leakage can cause mould and mildew growth around the pipes and faucets. So, make sure you check for leaky pipes, cracks and broken pipes. Hire a plumber in Sunshine Coast and fix it as soon as possible

With these simple yet pro tips, you can banish musty smells from your home. Make sure you use environmentally-friendly products to treat mould and mildew.

If you are at the end of your lease and want to secure your bond money, hire trained people for a detailed end of lease cleaning Sunshine Coast. They will tackle the dust, dirt, grime, grease, mould and musty smells using quality products.

6. Quick and Easy Ways to Refresh Your Home on a Budget

At one time or another, most of us have experienced the feeling of looking around our home and no longer being satisfied or inspired by its interior. Maybe you tried a few trends that don't look quite as fresh as they once did or perhaps the wall color you once loved now feels drab or outdated.

Regardless of your reasons, it's nearly inevitable that at some point you'll feel ready to refresh your home with new and inspiring updates. However, sometimes our budgets aren't quite as big as our motivations for change.

Fortunately, there are quite a few interior updates you can apply that will make a big difference while costing very little time or money on your part. If you're ready to fall in love with your home all over again, be sure to add the following interior updates to your to-do list.

Replace Your Hardware

It really is amazing what a difference new faucet, appliance, and even door handle hardware can make on your overall aesthetic. And your options for this are both endless and affordable.

You can add trendy brass pulls and a matching faucet, like this look from Emily Henderson; you can add patterned ceramic knobs in lieu of standard pulls; or, you can mix and match your metals to add layers of visual intrigue. As we said, the possibilities are endless.

A statement wall is a killer way to make a major change without spending much time or effort to do it. And they have a special knack for making your design look more rich and dynamic.

Consider a playful pattern, like this one from Mr. Kate. Or, you can simply paint one wall your favorite color. If you're worried about making a commitment you might regret, then consider that there are a ton of beautiful removable wallpaper options out there that you can take advantage of without committing too much.

Update Your Window Treatments

If your room is a photo, your window treatments are the frame, so switching these up is a super simple move that can completely transform the look of your space.

Plus, there are truly endless options. You can opt for sheer flowy curtains, a set of roman blinds, or you can combine the two like this gorgeous window treatment setup from Studio McGee.

Swap Out Your Throw Pillows

Throw pillows are basically makeup for your living room—you can switch and swap them depending on your mood and the season, and the effect is nothing short of transformative.

If your space is feeling a little dull, consider adding a few pillows in vibrant colors to bring more uplifting vibes. And if you're moving toward a boho aesthetic, then adding pillows featuring organic hues and textures, like these from Kaekoo Shop, is a great way to go.

Bring in a New Rug

Rugs have a special ability to add warmth and definition to the spaces they're in. So, if you're looking to redefine your space, there's no better way to do it than with a new area rug.

Of course the colors and patterns of the rug you choose are important, but the placement of your rug makes an impact as well. In this space from Kirsten Blazek, the rug is laid on a diagonal, which brings additional movement and visual interest to look.



Give Love to Your Walls

A statement wall isn't the only way your walls can help you revive your space; your walls are brimming with refreshing possibilities.

You can artfully arrange a few floating shelves to showcase some of your favorite knick-knacks, add a big piece of statement art, or create a chic and sophisticated gallery wall like this gorgeous arrangement from Design Setter.

Change Up Your Bedding

Your bed is essentially the centerpiece of your bedroom. Therefore, if you're looking to bring some more life to your bedroom design, then there's no better way to do it than by updating your bedding.

From a cozy hygge-inspired bed featuring layers of big comfy blankets to cheerful pops of color and compelling textures, like this design by Anita Yokota, your options on this front are limited only by your imagination.

7. Conclusion

With this PDF, you will be able to refresh your home in Sunshine Coast within your budget. It also helps you to reduce the chances of making some common mistakes.

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