

# ULTIMATE GUIDE FOR HEALTHY AND POSITIVE HOME ENVIRONMENT



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# Abstract

Create an enriching haven in Melbourne by cultivating a healthy and positive home environment. Elevate well-being through mindful design, vibrant spaces, and nurturing atmospheres. Prioritize open communication, shared activities, and a balance of comfort and functionality. Your Melbourne home can be a sanctuary that fosters joy, resilience, and a sense of community for all who reside within its walls.

## 1. Introduction

Unlock the guide to fostering a vibrant and positive home environment in Melbourne with this PDF. Learn practical tips for communication, well-being, and creating a haven that nurtures mental and physical health. Elevate your living space with this essential guide for a thriving and positive home in Melbourne.

## 2. How To Bring Positive Energy Into Your Home With Feng Shui

Feng shui is an ancient Chinese art of harmonizing and balancing the energy in your environment in Melbourne.

Improving the feng shui in your home doesn't mean you have to knock down walls and rearrange the furniture. Small changes can make a big difference and maximise the potential for success in all areas of your life.

Here are 12 ways to get good feng shui at home.

1. The entry to your home should be inviting and clear of clutter. Keep the garden well maintained and tidy. Bring wealth into your home by placing a plant and a light either side of the front door.
2. Put away coats and shoes in your entry hallway so that energy can circulate. For uplifting positive energy, place a mirror above a table with fresh flowers.
3. Air flow is key to positive energy in the home. Open your windows often and use an air purifier to keep your home fresh.
4. Allow as much natural light into your home as possible.
5. Keep your space clear of clutter. It will keep the energy in your home light and harmonious.
6. Choose your art carefully, as images carry strong energy. Choose images that are happy and beautiful. Avoid using images that feature lonely or solo people or items.
7. Clear your bedroom of the TV, computer or exercise equipment. These items introduce the energy of work and stress into a space that should be relaxing and harmonious. Don't place plants in your bedroom unless it's a large space, and keep them as far away from the bed as possible.
8. Make sure your bed is easily approachable from both sides, and have a bedside table on either side.
9. Keep all bedroom doors closed at night, including wardrobe doors.

10. Your sofa, coffee table and entertainment units should not be disproportionately large in your living room. All of the furniture should work in harmony. To encourage the flow of wealth, place a lamp in the corner of your room diagonally opposite the room's entry.

11. To optimise energy in the dining room, place a mirror on the wall reflecting the dining table, and add a vase of fresh flowers.

12. To avoid draining wealth energy in the bathroom, keep toilet lids down and keep the door shut. Plants can help improve the feng shui.

### **3. Ways To Manage Your Home Environment To Improve Well-Being And Productivity**



On average, people spend 90% of their time indoors, with much of that time at home. This statistic will likely increase with the growing trends of working and schooling remotely, and employers becoming more comfortable with hybrid work models. Knowing this, it's no surprise that many of us are seeking ways to improve the quality of our home environment, realizing the impact it has on our well-being and productivity.

Creating the ideal home environment in Melbourne can be overwhelming. And because every home is unique, there's no such thing as the perfect recipe. Fortunately, smart home technology exists today that helps monitor and control various indoor environmental quality elements, while also managing energy usage and costs. Evaluating your home's lighting, comfort level, air quality and sound pollution is a good place to start.

## **Lighting**

Light affects our human physiology more than we think. It impacts our mood, alertness and even our body's internal clock, known as the circadian rhythm. Artificial light comes in different forms, including incandescent, fluorescent and light-emitting diode (LED). We're also exposed to other artificial light like smartphone screens and televisions displays throughout the day, which can disturb our general well-being.

Natural lighting is always best and should be mimicked in your home or office to improve sleep, boost focus and help reduce stress and anxiety. Lighting manufacturers are launching new products that can enhance spaces with little natural daylight and automate brightness and color to be consistent with regular daylight fluctuation. Motion sensors or smart lights can also be used to program your day and save energy, as well as create the right mood for different needs.

## **Thermal Comfort**

Thermal comfort also plays an important role in our well-being. If your space is too hot or cold, or too humid or dry, it can impede alertness and productivity, as well as impact how well you sleep at night. Excessive humidity can also trigger health reactions like asthma, wheezing or itchy, red skin.

Although there are many factors that affect thermal comfort, air temperature and humidity both play a significant role. Installing a good and reliable HVAC system can help improve your environment and keep allergens and asthma triggers at bay.

You can also seamlessly control room temperature and humidity levels using energy-efficient smart thermostats. There are several smartphone apps that can connect you to your home's controls, giving you the power to monitor and regulate your home's environment from almost anywhere.

## **Air Quality**

According to research from the Environmental Protection Agency (EPA), airborne pollutants can be in two to five times higher concentrations indoors than outdoors. Some sources of air pollution come from within our own homes — like pet dander and dust mites. Others can come from the outdoors. Regardless, it's critical to manage indoor air quality for better comfort and well-being.

To better understand the quality of the air in your home, new air quality monitoring technology can be used to detect, measure and track invisible elements like room temperature, humidity, carbon dioxide, certain volatile organic compounds (like odors or potentially harmful byproducts of furniture or cleaning supplies) and microscopic particulate matter from cooking, wildfires or vehicle traffic.

A better understanding of the causes of poor air quality helps inform you of the simple measures you can take to decrease air pollutants, like regular cleaning or changing the air filter in your furnace or central HVAC system. There are also portable air cleaners and purification systems on the market that help limit the spread of viruses and other airborne particles that can trigger allergies or asthma. To best protect your family and your investment, make sure the product claims are backed up by third-party research and consult the advice of indoor air experts.

## **Sound Pollution**

The EPA also notes that "noise pollution adversely affects the lives of millions of people" and has a direct link to health. Disruptive noise in your home can lead to stress, high blood pressure, sleep disruption and lost productivity. Sound design matters, and taking steps to reduce or block out noise can help.

First, look for the causes of indoor disruptive noise, like a humming mechanical system or buzzing lights, and then talk to specialists who can offer tips. Check your window insulation and consider soundproofing your home if you can easily hear noise from the outside. There are also noise diffusers and absorbers ranging from basic to high-tech that you can install in your home.

The desire for healthy living has accelerated with the Covid-19 outbreak. Consider spending more time outdoors with a daily walk or bike ride. And, just as important, take control of your home space and better manage the elements like those I've listed to help improve your mood, well-being and productivity. There are more tools and technology than ever before to help ensure every home can provide a sustainable, efficient and quality indoor environment.

## **4. How Many Houseplants Do You Need for Good Indoor Air Quality?**



Few things enhance a room's decor more than a healthy green houseplant nestled on a kitchen counter, an arrangement of succulents on a table or a potted palm by a window soaking in the sun. And then there's the added benefit that these houseplants contribute to the room's air quality, right? Ah, if only that were true.

For decades we've been told that indoor air pollution — the strange brew of toxic emissions created from synthetic materials used in home building and home furnishings, as well as organic substances

like airborne mold and viruses — could be improved by the addition of houseplants in the environment. But where did this idea come from?

### **Houseplants**

It was a theory supposedly supported by a 1989 study by scientist Dr. Bill Wolverton. Specifically, Wolverton and his colleagues were looking for ways to remove volatile organic compounds or VOCs from the air, particulates that are unable to be filtered out with an ordinary filter.

They hit on the idea of introducing "higher plants and their associated soil microorganisms" as a way to off-gas some of the synthetic organic chemicals in tightly sealed environments (like labs and spacecraft) and experimented with specific plants to prove or disprove their theory

There were several problems with the research but the major flaw in the study is that homes (unlike spacecraft) are not hermetically sealed chambers. There are leaks around doors and windows and they aren't made of the same materials. A 1992 memo on the study by Melbourne Environmental Protection Agency concluded, "to achieve the same pollutant removal rate reached in the chamber study" would require having "680 plants in a typical house."

Dr. Michael Waring, an associate professor of architectural and environmental engineering at Drexel University's College of Engineering, reviewed studies, including the Melbourne research, and determined that while houseplants make great aesthetic additions to the environment, that's about all they do. Waring and his colleagues at Drexel published their findings in the journal *Nature* in November 2019.

### **Houseplants Help Reduce Stress**

Now, just because plants don't make the air cleaner doesn't mean they don't make you feel better. A 2015 study says that interaction with houseplants reduces physical and emotional stress, and Kansas State University research says plants and flowers promote healing. So, we checked with our own expert, James T. Murphy, a county extension agent with the University of Georgia's Cooperative Extension service.

Murphy works in the Agriculture and Natural Resources (ANR) program area of extension services, which traditionally covers crop and livestock production. In suburban counties, where Murphy works, ANR typically handles questions from homeowners and small producers. We asked him what's the most important thing to know about growing a houseplant.

"For the beginning grower the principle we use when we're talking about any sort of plant is 'right plant, right place,'" says Murphy. "In other words, we consider what the space offers so what makes sense there."

Plant growth is most affected by how well you're able to balance the necessary light, temperature, humidity (moisture in the air), water (quality and quantity), nutrition (fertilizer) and the appropriate soil or growing medium. Every plant is different and the needs species have within the same plants can vary. Remember: No matter how you acquire your plant — whether it's a purchase or a gift — get detailed instructions on how to care for the plant, including:

How frequently should the plant be watered?

How much sunlight does it require?

Does the plant require fertilizer? If so, what is recommended and what amount?



Is this plant poisonous or toxic to pets or children?



### Houseplants for the Novice Grower

We asked Murphy for a shortlist of houseplants for the novice grower, and some tips to help the plants remain happy and healthy. Here are his suggestions:

**Succulents:** "If you've spent any time on the internet, especially Instagram or Pinterest, you know that succulents are massively popular," says Murphy. From a maintenance perspective, you'd be hard-pressed to find an easier-to-care-for plant. "They're probably the easiest return-on-investment for effort," he adds.

**Pro tips:** Find the right location. "Light is important for all plants but especially for succulents," Murphy says. Succulents like at least four hours of sunlight each day. They're also the sourdough starter of plants. It's easy to propagate succulents and share them with friends.

**Bromeliad:** If you live in a climate with high humidity and have a sunporch or enclosed porch, try growing a bromeliad. And if you're fortunate enough to get a bromeliad to flower – it's called a bract – the "bloom" can last for several months.

**Pro tips:** Bromeliads don't require much watering or fertilizing, and light requirements can range from shade to full sunlight depending on species.

**Philodendron:** These popular plants can range from the trailing variety with small heart-shaped leaves to the larger philodendron hope selloum or tree philodendron with the distinctive split leaves. These plants can grow up to 5 feet (1.5 meters) tall.

**Pro tips:** All species of philodendron like humidity and light. They will grow toward the light so make sure to rotate your plant occasionally to ensure even growth. They are sensitive to overwatering; a tree philodendron shouldn't need to be watered more than once a week.

**Spider plants:** Murphy had a soft place in his heart for these easy to maintain, sometimes variegated houseplants. "My mother gave me a spider plant that came off her spider plant when I went to college," he says. "I still have it to this day." In fact, Murphy learned spider plants have a regional

nickname, "mala madre," which means "bad mother" because the plant grows baby plants called "pups." The pups look like little spiders, giving the plant its name.

Pro tips: Spider plants don't like direct sunlight and are sensitive to temperature. "Watch them during the winter and keep them away from the window if it's too cold," says Murphy.

African violet: This houseplant has its own growing society, annual convention and website proclaiming it "Melbourne favorite houseplant." According to Murphy, people sometimes struggle with the African violet because it requires adequate light (and temperature). "But if you pay attention to it and give it the time, it can bloom beautifully for a long time."

Pro tips: Keep your African violets in a brightly lit location where the temperature remains between 65 and 80 degrees Fahrenheit (18 to 26 degrees Celsius). Your plants need to stay lightly moist (but not wet), in a light porous potting mix.

## 5. How to Improve Indoor Air Quality for Better Breathing

Better air quality comes down to filtering the air, introducing fresh air, and managing humidity.

You may not think much about the air quality inside your home if you are primarily asymptomatic. But the truth is air quality can have a much more significant impact on your health than you realize. Some symptoms of unhealthy indoor air quality include headaches, irritation of your ears, nose, and throat, and dizziness, among others—but more severe effects can include cancer and respiratory diseases.

A quality air purifier is one way to improve air quality in your home. Alternatively, you can get a cooling fan that also functions as an air purifier. However, you should keep a three-pronged approach in mind: Filter the air, introduce fresh air, and manage humidity, experts say. Here are 12 ideas for improving indoor air quality, whether you or someone in your home has allergies or environmental conditions outdoors are causing poor air quality inside.

### **Remove obvious air pollutants.**

"In general, people spend about 90 percent of their time indoors, according to data from the Environmental Protection Agency. And the quality of the air we breathe that 90 percent of the time (or more) is crucial to our overall well-being," said Steven Haywood, MD, a former respiratory therapist turned board-certified emergency medicine physician with Summa Health in Akron, Ohio.

"The first step to better air quality is to remove anything from your home that is causing your indoor air quality to degrade," said Peter Mann, founder and CEO of Oransi, a North Carolina-based air purification company. This may or may not be easy. For example, if you have cleaning supplies, paint, or other chemicals in the house, simply move them to the garage and out of your main living area.

### **Bring in fresh air.**

However, Mann says that improving the air quality in your home can be as simple and quick as opening ventilation windows. Sometimes, that's not always practical, depending on the weather, humidity, pollution, pollen levels, and other local factors outside. However, if you can, anytime you feel the air is stuffy inside, just open up a window for a while and let some fresh air in!





### **Update your thermostat.**

"A thermostat that can push air around your home when you're not using the heat or AC is ideal. Look for one with a circulating mode," says HVAC professional Joseph Wood, founder of Boston Standard, a heating, air conditioning, and plumbing company.

Some circulating thermostats will run your indoor fan for 20 minutes every hour, while others may allow the fan to run continuously at a reduced speed for constant airflow. If you have a smart thermostat, you may also be able to turn on the fan manually from your phone when you need some extra circulation.

### **Run bathroom or kitchen exhaust fans.**

Running a bathroom or kitchen exhaust fan may sound extreme (and maybe a little annoying, as the sound can be grating), but this step can help improve indoor air quality by removing stale, humid air from the home.

"This feature will constantly draw air out of the home, thereby drawing fresh air in to replace it," Wood said. If you don't want to run the exhaust fan constantly, focus on running it for an extra 20 minutes after a shower or when your home needs a refresh.

### **Maintain your dehumidifier.**

Moist air can be great for indoor air quality, but too much of a good thing can have the opposite effect. Ideally, you want to maintain an indoor relative humidity between 30 and 50 percent.

"Take care of your dehumidifier, and keep it clean and running throughout the humid season in your area," Wood said. For example, in the Northeast, April through October would make sense; it would be sensible for Floridians to run dehumidifiers all year long to remove sticky air.

**Add humidity in winter.**

"Keeping your home at an ideal humidity level will help you maintain a healthy air environment. In the summer, you will likely need a dehumidifier to help. However, a humidifier is beneficial during winter when the air is typically dry. So whether moist air is delivered via a portable or professionally installed system, humidifiers are recommended to help improve overall air quality," Wood said.

**Buy a quality air filter.**

"It makes sense that higher-quality air filters will capture more particles. However, the catch is that smaller particles will cause the filter to clog faster, requiring more frequent replacement," Wood said.

He recommends changing your air filter every 30 days or so (or if you have a larger capacity filter, every six months). Keep replacement filters on hand so you have them when you need them.

**Limit scented items.**

We hate to break it to you, but Mann says that those scented candles, air fresheners, diffusers, etc., that you love can contribute to the poor air quality inside your home. Some scented products contain harmful volatile organic compounds (VOCs)—such as formaldehyde, benzene, and toluene—that can be hazardous to your health.

Excess exposure to harmful VOCs can cause headaches and irritation to your eyes, nose, and throat. Many cleaning, disinfecting, cosmetic, degreasing, and hobby products contain VOCs, too. Avoid these products whenever possible, and when you can't, ensure you thoroughly ventilate your home.

**Get houseplants.**

Air-filtering indoor plants aren't only a great way to add life and visual interest to any space—they may also help to increase oxygen inside your home and purify the air. They do this by helping to filter the pollutants that originate from inside your home.

"Some plants are able to filter out harmful chemicals and VOCs from wood, cleaning products, furniture, trash, carpets, natural gas, and more," said Dakota Hendrickson, co-founder of Filti, a filtration technology company based in Kansas City, Mo.

**Examine your air ducts.**

"Keeping air ducts clean is important for air quality inside your home. Some common signs that your air ducts need cleaning include visible dust build-up on the ducts or furniture, as well as an increase in allergy flare-ups," Hendrickson said.

Because this job requires some complex cleaning equipment, it's best to leave this job to a professional. In the meantime, be sure to clean and dust all your registers and grilles.

**Check cooking vents.**

"Whether you have a hood or a microwave with a carbon filter above your range in the kitchen, ensure the vents are working and that you clean them and the filters regularly," Hendrickson said. This is especially important if you have a gas range, as carbon monoxide can be emitted into the air when burners are on.

### **Clean your floor coverings.**

"Carpet and rugs add coziness to a home, but they're also a top source for collecting pet dander, dirt, pollen, and more—particles that can be kicked up with every step. Make sure you clean them regularly to help minimize build-up," Hendrickson said. Self-cleaning robot vacuums are great for those looking for a low-maintenance option.

You may also want to consider implementing a no-shoes household to further prevent build-up. For those with allergies, it's also a good idea to switch to materials like alternative down in such things as comforters and cooling pillows, to cut down on potential allergens.

### **Keep air-polluting DIY projects outdoors when you can.**

Some of your everyday activities or favorite hobbies could be making the air quality in your home take a nosedive. Sanding, painting, paint stripping, and even cooking can fill your home with many pollutants.<sup>1</sup> When you can, take these DIY projects outside. If you can't take your project outdoors, be sure to allow greater ventilation within your home by opening windows.

## **6. The Art Of Window Cleaning: Achieving Streak-Free Shine**



Clean and well-maintained windows are the prime sources of natural light and positive vibes in the home. Unfortunately, windows take a lot due to extreme weather conditions, dirt accumulation, grime, bird droppings, and much more, making them look dull and dingy over time.

There is no denying that many people wash their windows occasionally, but they end up leaving unpleasant streaks behind. This happens because of wrong or improper cleaning techniques.

If you want to maintain a clean, healthy and positive indoor environment, learn the art of window cleaning and wash them at least once a month inside and out.

With the help of the following tips, you can easily achieve streak-free shine using eco-friendly and non-abrasive products.

### **Safety Comes First When Cleaning Windows**

DIY window cleaning tasks are always challenging, especially if doing it for the first time. It is good to take proper safety measures when cleaning your windows outside. Here are some of the potential risks that should be avoided:

You may fall due to slippery ladders: To avoid that wear comfortable shoes and add extra traction to your ladder steps.

Accidents can happen due to glass breakage: Do not use abrasive cleaning tools that can cause damage or breakage.

Serious Injuries Due to High-Rise Apartment: In this scenario, hire the best window cleaners in Melbourne with years of experience in cleaning windows of high-rise buildings.

### **Arrange Necessary Cleaning Supplies**

You should always have proper cleaning supplies for your windows to achieve streak-free results. If you are moving out of your rented property, review the entry condition report, do necessary repairs and hire professionals for an expert end of lease cleaning Melbourne, Victoria.

They will help you get full bond back without any hassle. The best part is that they bring all the necessary tools to achieve sparkling outcomes. If you are also planning to spruce up your windows on your own, stick up on all the necessary cleaning supplies:

Brush or broom to remove cobwebs

Sponge

Budget

Microfiber dusters

A rubber squeegee

White vinegar solution

HEPA-filtered vacuum with a brush attachment

Tip: Avoid using store bought window cleaners because they contain ammonia, bleach, and other harmful chemicals that can produce toxic fumes and cause pollution.

### **Guide To Clean Windows Like A Pro**

#### **Choose the Right Time For window Cleaning**

Are you planning to wash your windows on a sunny day? This can be a huge mistake because the sunlight makes it easy to leave streaks and smears behind. The heat and sunshine will quickly dry the solvent before you wipe off the surface and leave smudge behind.



So, choose a cloudy day and clean your windows inside and out without a hint of stress. This will help you achieve desired cleaning results.

#### **Remove Blinds and Curtains**

Take down window treatments, such as blinds and curtains, before you scrub or wipe your window surfaces.

This is the best time to wash your dirty curtains in hot soapy water. Wipe off the accumulated dust and debris using a damp microfiber cloth for blinds.

#### **Get rid of Loose Debris and Dust**

Do not use water-based solvents on dust-laden windows. This can make your cleaning job harder. Instead, get rid of loose dirt, debris, and grime from window sills, frames, edges and panes.

You can use an old toothbrush or a vacuum machine to clean window sills and other tight spaces. Make sure you clean window glass inside and out (if accessible) before treating stubborn stains and grime.

You can use the best vacuum cleaner that can fetch dust mites, allergens and pollens while helping you achieve great results.

#### **Prepare a DIY Cleaning Solution**

Are you concerned about the environment and want to reduce your carbon footprint? Prepare a homemade window cleaning solution instead of using store-bought cleaners. Here is a recipe for a DIY solvent:

Half a cup of White Vinegar

Warm water

A few drops of dishwashing liquid soap

White vinegar is a great cleaning solution because it is acidic and can help you easily break down stubborn stains and grime. You need to fill a bucket and wash your windows without using harsh tools.

### **Thoroughly Clean Window Frames**

Professional end of lease cleaners Melbourne always start the window cleaning process from frames. This will prevent dirty water from dripping on clean panes.

You can use this DIY cleaning solution and wipe off the frames using a wet sponge. Pay attention to the grime, stubborn stains and grease. Scrub the surface using gentle hands to achieve sparkling results.

Make sure you remove soap residue with plain water and wipe dry the surface to avoid moisture or mould growth.

You can also leverage the benefits of hiring professional window cleaners for high rise buildings and prevent injuries and accidents.

### **Wipe Glass Panes using S-shaped motion**

Don't forget the glass panes when cleaning your windows. You can wipe down the surface using a sponge dampened in warm soapy water. Make sure you squeeze out excess water and scrub the panes gently.

It is good to work in an S-shape motion to cover all nooks and crannies without leaving smears and streaks behind. Make sure you rinse the area using a wet cloth.

Tip: Do not forget to clean window track bunnings because it also accumulates dirt and grime.

### **Use a Squeegee For Streak-Free Results**

Instead of using newspapers or other abrasive tools, run a rubber squeegee over your window glass and start from the top left corner. Make sure you place the tool horizontally against the surface. Put a bit of pressure and take it down in a straight line.

Make sure you wipe the blade after every use. Use this technique and achieve streak-free shine without any stress.

### **Buff Dry**

In the last step, wipe off the excess solution from the edges and window sills and also buff dry the entire glass inside and out. This will help you achieve shiny, sparkling and streak-free windows like a pro.

Book highly-trained professionals and save your bond money if you want a budget end of lease cleaning Melbourne before a rental inspection when a landlord enters into the property and check all the areas, nooks and crannies.

Learn the art of cleaning windows without using fancy tools, abrasive and harmful cleaning products. Follow these simple tips, achieve streak-free shine, and make your entire house look clean, inviting, and welcoming.



## 7. Conclusion

With the help of this PDF, you can easily able to create a healthy and positive living environment in Melbourne. This PDF will help you to learn some meaningful tips and valuable information that may be very helpful and informative for you.

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