# Style

# GOOD VIBES ONLY

## DESIGN A MOOD-BOOSTING BEDROOM

*BY KARI MOLVAR · ILLUSTRATION BY OLIMPIA ZAGNOLI*

Your bedroom is a sanctuary — a place where you can escape your parents (although maybe not your siblings), get lost in your favorite book or rest after a stressful day. How you set it up can have a big impact on your mood. Luckily, it doesn't take much effort or money to turn your room into a relaxing space.

### 1. GET ORGANIZED

Rearrange your furniture so your bed is the focal point of your room. Ideally, you'll want it in the center of the wall opposite the door. Next, place two small tables on either side of your bed. This helps create balance, which makes a room more calming. Then, clean up: Organizing your toys and folding your clothes make your space more relaxing, says the interior designer Kate Gelfand. (Studies show that clutter causes stress! See Page 6.)

### 2. ADD COLOR

Certain colors have good energy, says Denise Davies, the founder of D2 Interieurs. For example, blues are calming, while reds and oranges are energetic. Davies recommends picking two or three colors to use throughout your room — anything more can be chaotic. If painting your walls isn't an option, paint the inside of your bookshelves or make homemade art to hang, like a collage of colorful candy wrappers, Gelfand says.

### 3. PLAY WITH LIGHTING

Lighting is an easy way to change your room according to how you're feeling: Are you in the mood for a bright space or a cozy one? Gil Melott, the principal of Studio 6F, suggests thinking of your room in terms of areas of activity, like sleeping or studying. Each "zone" should have a light source, like a lamp or a string of lights. At night, go for dimmer options: Decorate a wall with stick-on puck lights or turn your Lite-Brite into a neon "sign."

### 4. EMBRACE NATURE

If taking a walk in the park can put you in a better mood, why not bring that experience indoors with some plants? Davis recommends small succulents — like cactus or aloe — for your desk or bedside table. They don't require a lot of water, so they're easy to take care of. Plus, they double as art because of their sharp graphic shape. If plants aren't your vibe, try adding a fish tank, which is also calming.

### 5. GO FOR CONTRAST

Keep your room from feeling flat and boring by bringing in different shapes and materials. Add a circular bedside table to offset the rectangular shape of your bed. Inject coziness with supersoft pillows or a fake-sheepskin rug. Once you've completed your new design, look around your space and remove anything that feels out of place — this final "editing" helps strengthen your room's overall look. ◆
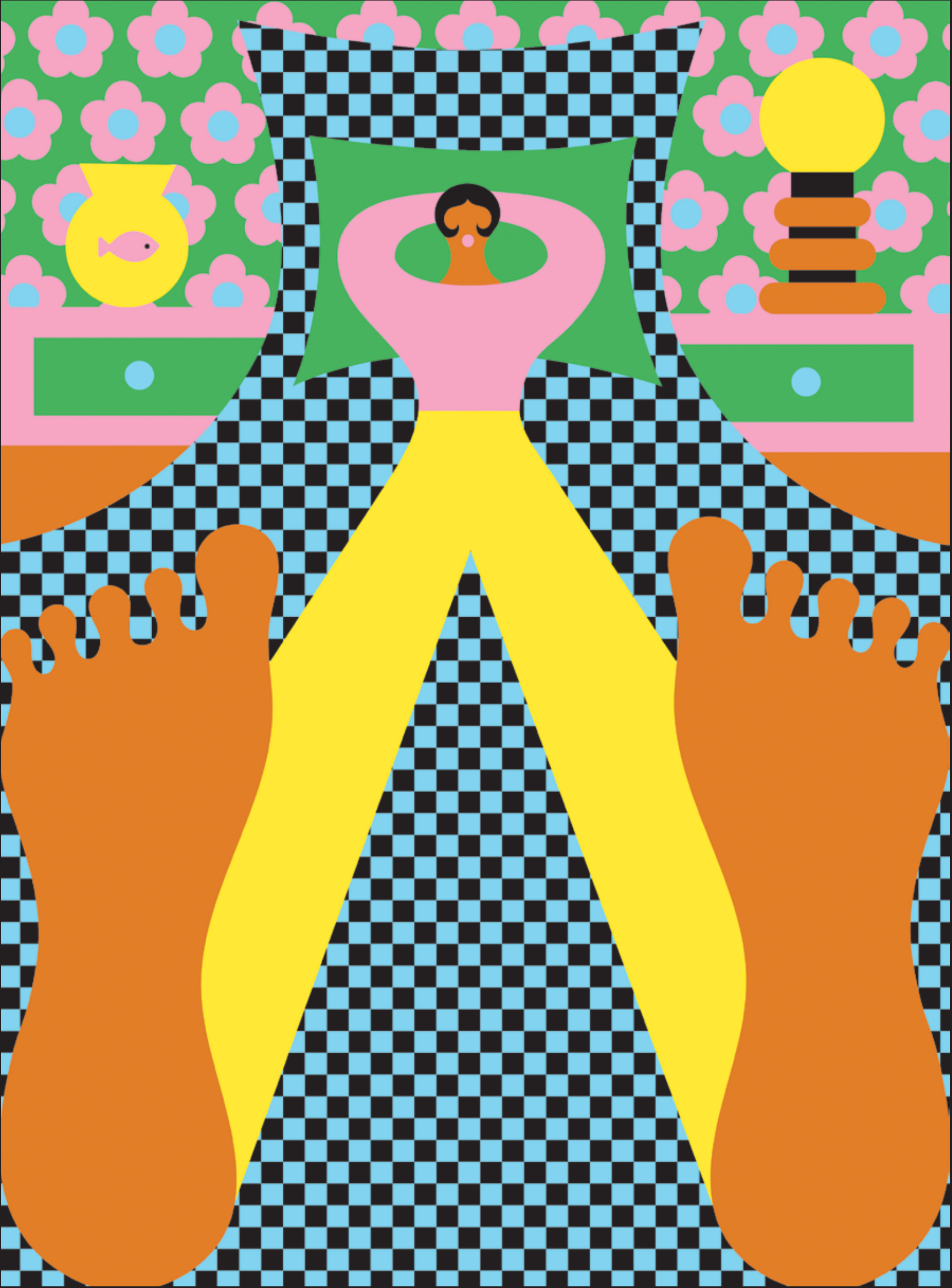


## YOUR ROOM, YOUR WAY

**BONUS TIPS FOR CREATING A SPACE YOU'RE HAPPY WITH**

### DETAILS MATTER

"Naturally you want a bedroom trampoline, but in reality, it is the small things, like pictures on the wall, or a rug; things that aren't cool on their own, but once you put them together create a really cool look." Emily Bock, 10, Greenwich, Conn.

### LIGHTING CAN BE FUN

"We have remote-control moon night lights that change colors. We also have remote-control LED lighting strips that we put around the edges of our bunk beds and through the slats of the lower bunk." Eddie Dickerson, 6, and Henry Dickerson, 10, Brooklyn

### STORAGE RULES

"I constantly clean my room. Everything goes in a specific place, so I always know where everything is. Make it so that when you look around, you think, Wow, my room is so beautiful." Gemma Hardwick, 12, Greenwich, Conn.

### KEEP AN OPEN MIND (BUT A CLOSED DOOR)

"Everything is not going to be perfect: I had to play Tetris with my bedroom. Also, I suggest you make a Do Not Disturb sign and tape it to your door!" Tia Connell, 9, Cos Cob, Conn. (*Color in your own sign on the next page!*)

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## HOW I BECAME AN
# INTERIOR DESIGNER

*BY SHEILA BRIDGES*

**I GREW UP** in Philadelphia and was very shy as a kid. I loved playing outdoors and spent a lot of time in my bedroom drawing. My room was really colorful. I had floral wallpaper, and I collected china and porcelain animals.

I wasn't interested in design until after college, when I moved to New York City and eventually got an assistant job at a small architectural firm. There, I learned firsthand about different types of design and decided to become an interior designer — a person who makes spaces useful and beautiful using furniture, color and lighting. I went back to school, taking classes at Parsons School of Design at night and working during the day. After graduating, I went to an interior design firm. You wear different hats: Some days you might draw floor plans. Other days, you might look for fabrics. It's a very creative profession, but you also deal with a lot of calculations. I carry around a measuring tape, because if something is an inch too big or small, it might not work in a space.

When I was 30, I started my own interior design firm in Harlem. My first big client was the music executive Andre Harrell. Soon, I started getting more clients, like Bill Clinton and Sean Combs. I call myself a visual storyteller. I'm helping my clients tell their stories through their homes.

Everything changed in 2004. I was diagnosed with alopecia, a non-life-threatening condition that makes your hair fall out. People thought I had cancer. The phones stopped ringing at my office, and I wasn't getting work. I decided to shave my head — to show it was OK not to have hair as a woman — and got back in the game. I took meetings, networked and attended design industry events. I refused to let my lack of hair stop me from doing what I love. I've been able to do so many different things within the field since then, like write a memoir and design my own wallpaper line. *Interview by Kari Molvar*

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### TINY STORY

# 10,000

The number, at last count, of colors in Pantone's color libraries. People in creative industries like fashion and interior design use the libraries, which assign every shade a unique code, as a guide. Every year, Pantone also picks a "color of the year." For 2021, they actually chose two: Illuminating, a warm shade of yellow, and Ultimate Gray.

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## SOLUTIONS

**MINIPUZZLES**
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| EASY | | | | | MEDIUM | | | | | HARD | | | |
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