

RVM Construction Insider

Summer 2012

Top 10 Ways to Improve Your Environment

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Residential and Commercial Construction Tips and Advice

SUMMER 2012



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*Old World Craftsmanship,
New Age Technology*

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Welcome to RVM Construction

Top 10 Ways to Improve Your Environment

As a valued contact or client of RVM construction you may have already remodeled your home or office and are wondering...What else can I do to improve my environment and enhance my remodel? Our surroundings play an important role in how we feel about ourselves and our lives. Here are 10 ways to make your environment support the best in you.

1. **De-clutter.** Do whatever it takes to bring order to your space. Clutter is the enemy of clarity and relaxation.
2. **Add Flowers/plants.** Living things help clean the air and clear the brain. Be sure to keep them fresh!
3. **Keep relationship clear.** Unresolved conflict with relatives or workmates can bring down the best spaces.
4. **Eat healthfully.** What you put in your mouth has a profound effect on your energy and mood.
5. **Take "mental health" breaks.** Take a quick walk outside, do some stretching, or sit quietly and breathe. Doing so regularly can do

SUMMER TIPS OUTSIDE YOUR HOME

- Longer days mean shorter nights. Don't forget to adjust your outdoor lighting timers. You'll save money and extend bulb life.
- A broom will clean your driveway and walkways as effectively as a gas-powered leaf blower; it will also save money and boost your popularity with the neighbours.
- Gas lawn mowers are a major source of air pollution and smog in many areas. Electric mowers pollute less and are much quieter too.
- Consider using electric grass and hedge trimmers instead of gas-powered trimmers. Well-maintained manual trimmers are preferred by many expert gardeners and professionals.

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- wonders for your state of mind.
6. **Get inspired.** Hang artwork you love, light candles, bathe your walls in color. Whatever keeps your spirits up and your life moving forward.
 7. **Set up systems.** Whether it's a system for laundry, bookkeeping or taking phone messages, systems save time and help everything run smoothly.
 8. **Work on you.** Develop yourself, and your environment can't help but improve.
 9. **Exercise.** Everything feels and goes better when you're getting regular exercise.
 10. **Use humor.** A little laughter goes a long way to create a positive, supportive environment.

Begin improving your environment today with a complimentary consultation with one of the experts from RVM. Make the space you have work for you.

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