

SERENITY

/sɪˈrɛnɪti/
noun
the state of being calm, peaceful, and untroubled

Defenitions from Oxford Languages

noun

UK /səˈren.ə.ti/ US /səˈren.ə.tl the quality of being peaceful and calm

Defenition from Camrbidge Dictionary

noun

- 1. the absence of mental stress or anxiety noun
- 2. a disposition free from stress or emotion

Defenition from Vocabulary.com

noun, plural se·ren·i·ties the state or quality of being serene, calm, or tranquil; sereneness.

Defenition from Dictionary.com

CHARACTERISTICS OF SERENITY

- The ability to detach from negative or excessive desires
- A sense of connectedness and belonging
- A habit of giving of oneself to others without explanation of receiving anything in return
- A trust in a power greater than oneself
- An ability to let go of the past and the future and to live in the present
- The capacity to forgive oneself and others who have caused them harm
- An ability to accept situations that cannot be changed
- The habit of taking responsibility to change what can be changed
- A sense of the importance of particular events, and the ability to see the humour or absurdity in many events.



COLOUR ASSOCIATES

Feminine	Imagination	Stability	Safety	Warmth	Comfort
Softness	Spirituality	Trust	Harmony	Positivity	Reliability
Intuition	Luxury	Confidence	Health	Joy	Natural
Respect	Fantasy	Calm	Tranquillity	Happiness	Honesty
Charming	Peace	Security	Calm	Clarity	Stability

SERENITY IN INTERIOR DESIGN

Small & Mighty

Little changes can enhance an existing space by shifting furnishings around and staging them differently can feel like a renewal.

Consider Colours

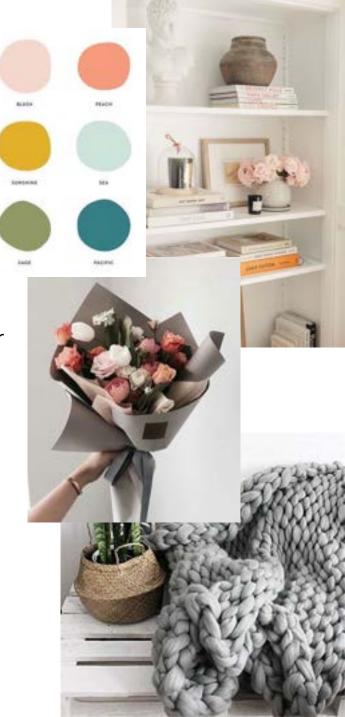
Certain colours can trigger specific emotions. Generally, soft blues and green which mimic nature are the most relaxing. Bright yellow can be used as an energising colour as well. Soft beiges are perfect for the bedroom as it helps to let go and relax.

Natural Attraction

Studies have shown that spending just a few minutes outside can boost someone's mood. Therefore, bringing plants or flowers into the home is the natural solution.

Sensory Details

One of the most effective ways to refresh a room is to activate your senses as much as you can. It could be art objects, flowers for a nice aroma or soft materials for cosiness. Your surrounding environment can greatly influence your thoughts and feelings. So, its best to consciously make your interior as pleasant as possible



ELEMENT OF DESIGN

Line: Vertical, Horizontal, Curvy

Shape: Organic

Form: Organic

Colour: Green, yellow, brown, pink, purple, blue

Texture: Smooth & rough

Value: Tone & tint



PRINCIPLES OF DESIGN

Balance: Asymmetric balance

Contrast: Shapes & colours

Similarity: Colours & materials

Overlapping: Materials





Serenity



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