

字彙: *interior design* 室內設計

Our environments can affect the way we feel. This is not a new **concept** – after all, the traditional practice of feng shui has been with us for thousands of years. More recently, scientific research concluded that the design of **healthcare environments** could support patients in their recovery. Increasingly, however, it is our homes that are being seen as places we can improve our **wellness**.

A new **approach** to interior design suggests that many of us now care less about how our homes look and more about how they make us feel. How we feel can be influenced by a number of different things, including the **furniture** and **objects** within our homes and how these are **arranged**. For example, 'to create **cosiness** and the ability to **connect with others**, we want our furniture **facing each other**', says Lindsay T Graham, a personality and social psychologist. Smaller objects, too, have a lot of power, according to Monica Khemsurov, one of the founders of online design magazine Sight Unseen. Whether it's something an old friend made for us or a **souvenir** purchased while travelling, objects allow us to **relive** moments or feel closer to people we love **at a glance**. It makes sense, therefore, that taking a more **intentional approach** to where we **place** objects in our home, can affect our **mood**.

Other elements that help create a **personal space** that makes you feel good include the type of **lighting**, the use of colour and **texture**, as well as bringing nature into the home. Plants and 'natural materials, particularly unpainted wood, are really great for **keeping** our stress levels **in check**', says environmental psychologist Sally Augustin. And controlling stress levels can also be helped by making sure our work space and any **clutter** are **hidden from sight** when we want to feel calm, for example, during our night-time routine before going to bed.

However we choose to adjust our **living spaces** to improve wellness, the final tip from the experts is to not treat our homes as a museum. Instead, we should see them as **idiosyncratic** and constantly changing – just like us.

字彙表

concept	概念
healthcare environment	醫療環境
wellness	身心健康
approach	(思考問題的) 方式, 方法
furniture	傢俱
object	物體, 實物
arrange	佈置, 擺放
cosiness	舒適, 愜意
connect with others	與他人產生聯繫
face each other	面對面
souvenir	紀念品
relive	重溫, 回味
at a glance	看一眼就..., 立刻
intentional approach	有意的方式
place (v)	放置
mood	心情, 情緒
a personal space	私人空間
lighting	燈光, 照明
texture	紋理
keep (something) in check	控制
clutter (n)	雜物
hide from sight	遮住, 藏在視線外
living space	生活空間
idiosyncratic	獨特的, 與眾不同的

測驗與練習

1. 閱讀課文並回答問題。

1. True or False? *A new approach to interior design focuses more on how homes look.*
2. How can furniture help us connect with others?
3. How can objects in our home change our mood?
4. What can help us feel calm during our night-time routine?
5. True or False? *Once we have created a feel-good home, we should never change it.*

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. Yoga is good for both mind and body. It promotes general _____.

concept	healthcare environment	recovery	wellness
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2. These flowers are beautiful! Did you _____ them?

interior design	intentional approach	texture	arrange
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3. My mother walked into the room and could tell _____ that something was wrong.

approach	face each other	relive	at a glance
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4. He used to have a temper but he has learned to _____ his anger _____.

face/each other	connect/with others	keep/in check	hide/from sight
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5. Sorry about the _____! I need to tidy up.

clutter	souvenir	mood	texture
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答案

1. 閱讀課文並回答問題。

1. True or False? *A new approach to interior design focuses more on how homes look.*

False. A new approach to interior design focuses more on how homes make us feel.

2. How can furniture help us connect with others?

If we arrange furniture to face each other, it creates cosiness and the ability to connect with others.

3. How can objects in our home change our mood?

Objects that have personal meaning allow us to relive moments or feel closer to people we love at a glance.

4. What can help us feel calm during our night-time routine?

Making sure our work space and any clutter are hidden from sight.

5. True or False? *Once we have created a feel-good home, we should never change it.*

False. We should see our homes as idiosyncratic and constantly changing – just like us.

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. Yoga is good for both mind and body. It promotes general **wellness**.

2. These flowers are beautiful! Did you **arrange** them?

3. My mother walked into the room and could tell **at a glance** that something was wrong.

4. He used to have a temper but he has learned to **keep** his anger **in check**.

5. Sorry about the **clutter**! I need to tidy up.