

RUE DAILY

CALMING BLUE ROOMS TO COUNTERACT THE STRESS OF 2020



When it comes to interior design, there's a lot more to color than what looks good or complements the space. There's a lot of psychology behind different colors! For example, yellow can create a feeling of optimism, a pale pink can be comforting, and red can be super stimulating and encourage productivity. Blue might be our favorite, at least in the stress-fest that is 2020. Blue, the color of the sea and the sky, often symbolizes serenity. Imagine the calm, introspective feeling you might have when you gaze at the ocean. You can bring that feeling into your home with paint, textiles, and decor! Since we can't all be seaside this summer, we're rounding up some of our favorite blue rooms to counteract the stress we've all been navigating this year. **Start the slideshow** for a look!

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An easy way to bring a bit of blue to a space is with throw pillows and other textiles. Lauren Meichtry, founder of **Elsie Home**, says, “Home has never been more of a sanctuary; a space to unwind, feel safe and destress. I love bringing subtle, calming colors into spaces with textiles and accessories to help foster the feeling of a tranquil home.”

Interior Design + Pillows: **Elsie Home**