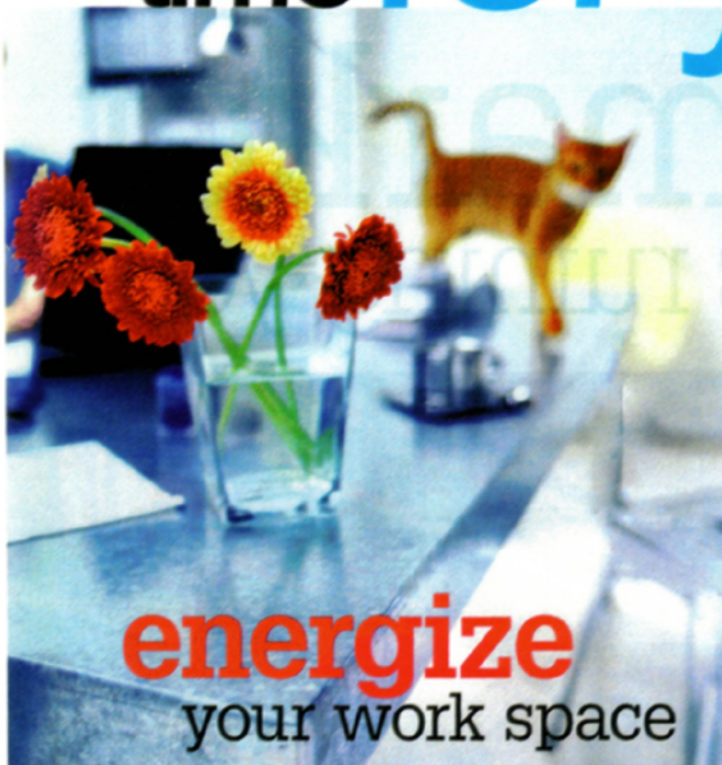


time for you



energize
your work space

THE JOY OF UNEXPECTED PLEASURES

Nothing feels sweeter than a surprise moment that tickles your senses. REDBOOK readers share theirs:

"I had my boots buffed at the train station by a hot Brazilian guy wearing a tight black T-shirt and sporting some serious biceps. Next time I need a pick-me-up, I'll skip the latte and go for the shoeshine."

Maureen Connolly, 39, Montclair, NJ

"While planting marigolds in my garden, I felt a surge of energy when I dug my hands into the earth. It was a simple action, but it really made me feel connected to the moment."

Christine Houghton, 32, Philadelphia

"I was eating cantaloupe for breakfast on my deck while listening to island music. As I tasted the sweet, fresh fruit and hummed to the beat, I was suddenly transported to a happy place!"

Mandy Donovan, 31, Boston

Nothing saps your energy more than staring at a desk piled with work or bills to pay. Here, some easy decorating tips from Marie Elena Rigo, a Los Angeles-based interior designer and feng shui consultant, to help make your office space—at home or at work—an inviting, enlivening place to be.

Organize. Get rid of clutter and keep surface areas clear. "Clutter drains our energy because the eye and mind don't know where to focus and begin to wander," says Rigo. If you have a bookshelf, leave at least one shelf free for aesthetic items and mementos that will inspire and calm you (i.e., candles, photos, and artwork). "Bookshelves tend to have heavy energy when they're full, so donate any books you don't need to a library."

Rearrange. Whether your desk is at home or at work, place it where you'll have a full, or at least peripheral, view of the doorway. This way you'll know who's entering the room, which will relax your nervous system. If you can't position your desk this way, attach a mirror to the top of your computer monitor so you can see behind you. And make sure you don't have too much furniture. It blocks energy flow, says Rigo, and will make you feel distracted.

Brighten up. Turn off the overhead fluorescents and rely on desk and floor lamps. "Fluorescent lights can cause headaches, eyestrain, and fatigue because they produce a subtle flicker and hum, which people are sensitive to," says Rigo. Use full-spectrum bulbs—the closest thing to natural sunlight. You can also spice up your space with stimulating colors like red, orange, or yellow to increase your motivation.

Revitalize. Bring living energy into your space by placing a tree, a plant, or even a bowl of fruit in a prominent spot. "Peace lilies actually clean the air," says Rigo. Opening a window or using an air purifier can also help keep energy flowing. Visit merlifedesign.com for more feng shui ideas.

GIVE A LITTLE LOVE

What's the easiest way to feel good? Do good! These websites let you donate to all your favorite charities in one place—from funding breast cancer research to helping the homeless to aiding victims of Hurricane Katrina.

Network for Good networkforgood.org

JustGive justgive.org

GuideStar guidestar.org

things to be HAPPY about right now

1. End-of-winter sales!
2. Valentine's conversation hearts (too hot).
3. Presidents' Day: a long weekend to snuggle in your pj's and finally catch up with yourself.
4. The smell of fresh-ground coffee.
5. Another season of *American Idol*.