



To help you stay healthy and happy at home during this time, we will be bringing you valuable health-and-wellness advice and activities from subject-matter experts within our local areas. Please join us and follow along via #AtHomeWithKB.

We interviewed Carley Nicholls, Studio Tate Director of Strategy & Practice, about how to stay healthy and happy at home during this time.

Firstly, Studio Tate is a Melbourne-based interior architecture practice committed to intelligent design and the delivery of projects of varying scale spanning new builds, renovations, refurbishments and fit-out projects in their areas of expertise: Live, Work and Play.

Distinct Zones

Keeping your workspace free of clutter and being aware of work paraphernalia such as laptops and paperwork filtering through into living zones is important. Creating spaces that remain untouched by your working life is important to be able to unwind at the end of the day. A clean and orderly space will also help to create a calm environment for everyone in the household. This can be as simple as packing away your belongings at the end of each day.

Maintaining Connection

The Studio Tate team have a daily morning meeting to touch base and check in on each other, ensuring everyone feels supported in their working activities, but also giving everyone a human touch point and a semblance of normality. For some, maintaining a schedule similar to what you had in the office can help you to feel connected to others and manage your time effectively. Taking a break for morning tea and lunch and checking in with colleagues over the course of the day may help in maintaining a positive and hopeful attitude, and make life seem a little bit more normal.

Remote Productivity

With both kids and parents at home, many families are managing the household with shift work, for example Mum might take on morning duties, with Dad stepping in in the afternoon. This new reality is highlighting the need for our homes to adapt to varying functions, which is a philosophy that has long informed our approach. COVID-19 has made us question how much space we allocate to the study area. In recent years a study 'nook' has been popular, however will this be enough space moving forward? Some work-related tasks at home are manageable in shared spaces, however at other times we need quiet and privacy. Acoustics can be a challenge with kids and pets creating background noise. For now, simply muting your microphone while not speaking on a video conferencing can ease this disruption, however this is obviously not a long-term solution.

Lighting & Atmosphere

Lighting can be used to aid in the transition from "work mode" to "rest mode". During the workday it is important to have the correct lighting to enable you to work without discomfort. When it is time to transition into evening mode, overhead lights such as downlights can be switched off and low-level lighting in the form of lamps and candles can be used to create a soft and comforting ambience, easing you out of work mode.

A Sense of Arrival

Simulating the simple act of "arrival" can also assist in this transition. Going for a brief walk around the block or a swift dash to the supermarket at the end of the workday can create the illusion that you are arriving home from work, ready to transition into evening mode.

Please contact Kay & Burton Concierge on 03 9825 200 or via concierge@kayburton.com.au to engage the services of Studio Tate. For more information about Kay & Burton Concierge, please visit <https://kayburton.com.au/concierge>.