

# NESTING INSTINCT

Create a cozy interior with less clutter and more meaning

BY CHERYL CHENAULT | PHOTOS BY DAVID CALVERT



Cheryl Chenault

**HOME IS WHERE WE NEST AND NO TWO ARE ALIKE.** In nature, nests hold eggs, provide shelter and nurture offspring. While we do the same, our nests are more elaborate: a welcoming entry and a place to gather, places for eating, sleeping, hobbies and solitude. Interior spaces should serve your purpose and be a reflection of your life.

Habits and personal needs change over time. Consider each family member and take note of what no longer works. Edit extraneous items and display the favorites. A nest is a personal space — a space to live and thrive. Simplify your surroundings and eliminate clutter. Fall is when we return indoors and offers an ideal time to pull things together, to edit, rearrange and pare down.



**▲ HEALING HOBBIES**

A good book, pair of crochet needles or a meditation bowl. What relaxes your mind and body? Incorporate items in your home that inspire relaxation and nurture the soul.



**WELCOME HOME**

A soft area rug, favorite painting and familiar collectibles are the first to greet you as you return home. A plant or cut flowers add living beauty.



**▲ RITUAL OF RELAXATION**

Time for you. Colorful artwork warms a room and provides a serene backdrop for a cup of tea. Create space that offers a refreshing break from the daily routine.

**◀ GROUP GATHERING**

Comfortable seating is a must for games, a movie or conversation. Provide plenty of seating for everyone. A bench provides additional seating at a moment's notice.

*Featuring decorative ceramics from local artist Kelsie Harder, available at Red Chair.*

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**MORE IDEAS YOU'LL LOVE**

Match the room's purpose to elements and materials. Enhance daily living and nurture your creature comforts.



**WINTER WARMTH**

Position yourself for warmth and artfully frame memorable pieces. Make your focal point a dramatic conversation piece.



**DELIGHTFUL DETAIL**

Living plants, and floral arrangements add vitality in winter months. Use an interesting bowl to create a garden of succulents or fill a vase with fresh flowers.



**SOFT SURROUNDINGS**

Combine textures and pattern for a collected-over-time sensibility.