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By Dr. Erica Miller

SIX STEPS TO CREATING YOUR IDEAL HOME ENVIRONMENT

Regardless of your age or how much time you spend in your home, creating the right environment that supports and energizes you is part of living long and well. Pay attention to how your home provides you with



the comfort and peace you seek to minimize the barrage of stressors that occur in daily life. Make it a place that improves your quality of life every day. While there's no perfect formula for achieving this goal, here are six ideas to get you started:

media devices. By making an effort to quiet the home, even with soft music playing, those who live there or visit will feel more peaceful, serene and less distracted by the "always on" background noise.

Add some greenery

People who live in environments full of plants and flowers enjoy a higher perceived quality of life and exhibit a more positive outlook than those who don't. There's just something about the greenery and vibrant colors of plant life—like orchids or other perennials—that stimulate the longevity part of the brain.

Create a space for entertaining others and use it

No matter how large or small a home is, make sure there is an area where guests feel welcome and comfortable. People are social animals, so create a space where people can engage easily.



Reclaim the original purpose for the bedroom

There are only two activities that are supposed to take place in the bedroom. Watching TV isn't one of them. Neither is catching up on Facebook posts or working out in a home gym. Take the time and make the effort to banish everything from the bedroom that could detract from

represents a "go-to" spot to escape all distractions, focus on your inner self, and reconnect with your higher power.

Time, attention and focus

Remember your home is 100% yours. Regardless of its size, create an environment where activity or inactivity helps you feel united with the cosmos—a place where you will sense your smallness in the universe as well as your importance as a human being. This feeling of connection with something larger than yourself is an engine for living long and well. Guard this space as one of your home's most prized possessions. Prevent people and other distractions from intruding. Maintain it with the kind of love you'd show a dear friend because in your time of need you want it to be there to welcome you with loving arms.



enjoying sex and getting a truly restful sleep.

De-clutter space

Disorganized, cluttered spaces tend to cause stress. Such environments overload the senses, confuse one's focus, and impair creativity.

Create a meditation space

This is a specific place within the home, regardless of how small the space is, that

About the Author

Dr. Erica Miller holds her Ph.D. in clinical psychology and has written extensively on topics of positive psychology, longevity, overcoming challenges, and living life to its fullest. Her most recent book, "Chronologically Gifted: Aging with Gusto," made her an international bestselling author. For more information, please visit www.drericamiller.com