

How beauty can enhance your work



# Hi and welcome to the moodlab!

Here's your free report on beauty, comfort and luxury

## Yay! You've found your way and stepped into the moodlab!

Congratulations!

Welcome. I'm really excited you're here!

And I'm not saying it 'for says-sake'..

I know we are about to embark on a beautiful quest to increase our appetite for life by adding beauty to your work & life.

And I'm really happy we are in this quest together!

Whohooo!

Now you may be wondering: beauty? comfort? luxury?

Yes, I know, most people consider beauty, luxury and comfort as an extra.

Well... My mission is to show the world it is not...

It gives meaning to our lives.

It is SOUL FOOD! And we need it!



*From the series : "Next Stop" © Niene's Moodlab*

# Soul food?!? Really ???

Yep really! Let me explain why...

Let's take a look at us: our planet & lives:

As we all know, we - as a human race- are not doing too well, are we?

Even though in the Western world we consider ourselves to "*Have it all,*"

our actual factual state is.. well... not so good... In the last century we've set ourselves up for disaster:

We screwed up our habitat

We've wiped out other inhabitants on the planet, steering towards a life without the means to survive,

We're totally stressed out,

and our systems are crumbling at our feet...

What are we doing? Where's the beauty in that?

You know, we both have been here a while....

And ehem, no offense, but we both actually took part in creating this mess,

even though we didn't want for it to happen, we did...

The way we live is destructive; we need to look at things in a different way.

It's time. Time to take charge and clean up!

-still here?-

# Yeah yeah, time to take charge...

but what's it got to do with beauty?



Well, let's take a closer look at health care...

More and more people today need better health.  
How can we keep up and keep attending everyone in need?

Big problem; big money; so lots of research is done to find ways to cut costs, add value and help all these people as best we can in a sufficient, fast and inexpensive way.

Imagine the possibility of faster, cheaper, quality treatment. Wouldn't that effect you..? Your life.?The lives of your loved ones..? In fact: everyone! The whole planet!  
Wouldn't there be a ripple effect?

So what exactly did these researchers find out?

Well, one of their major findings is this:

$$\begin{array}{r} \text{beauty} \\ \text{comfort} \\ + \text{luxury} \\ \hline = \text{well-being} \end{array}$$

# wow... well-being?

## Definition of **well-being**

*noun* [*mass noun*]

- the state of being comfortable, healthy, or happy:
- *an improvement in the patient's well-being*

(Source: Oxford dictionaries)

And:

“When speaking of total health and well-being, one must consider the inside as well as the outside. You may well have a totally sculpted, well-fed, and organic package with which to look upon, but your inside; your spirit, or soul, and/or mental capacity, could be found wanting.”

<http://goarticles.com/article/What-Is-Wellbeing/7078895/>

In other words:

It pays to add **beauty** into an environment.

It pays to add **comfort** into an environment.

It pays to add **luxury** into an environment.

These are not hedonistic, excessive, or esoteric ideas.

Feeling good is not some esoteric, new age, “release your inner hippy”, ‘woo-woo’ concept.

The need to feel good is a proven necessity of life.

Think about it! People that feel good thrive, exude energy and ignite & motivate others.

They are more effective, experience less stress, become more productive in what they do, have a more positive outlook on life, feel less pain and are happier!

YAY!!!

Most women choose their trade or start their business because they want to make a difference.

But in order to truly do so, you yourself need to feel good.

Being well fed and having a roof over your head helps, but is not enough...

Just look at how many people you know who struggle through the ordinary gray of every day?

I really believe that beauty and art have an important role in life and they need to be restored.

Especially when things look grim.

We need spaces that makes us feel good. We need safe havens.

Manipulating your environment, adding beauty DOES improve your well-being.

So why not use what’s already known and a proven fact to make life better?

## Good news!

As we speak, many hospitals around the globe have awakened to the research and are applying the results to improve the care they provide.

As a result:

- patients need less medication
- staff has less sick leave
- patients are easier to treat; they feel less stressed and experience less anxiety
- the overall 'vibe'/energy feel of the hospital is better

KA-CHING!

Anybody in the house still think beauty's a waste of money & not worth the investment?

Imagine the costs that will be saved! And how many people that will help!

And how much more fun it will be to be at work? To be?

There is much to be gained on many levels..

In healthcare they call these applications "evidence based design".

and the spaces applied: "healing environments".

Design and decoration to support & improve well-being.

Research shows that art plays an important role in these evidence based designs.

It is a fabulous way to manipulate the outside world to enhance the inner.



*From the series : "Green Banner" © Niene's Moodlab*

# Ok, evidence based designs in healthcare...

Fabulous, fabulous!

But I say:

*‘Why wait until you get sick?’*

Why not try and prevent getting sick in the first place?

What can we do, right now to keep us out of a hospital?

Can't we apply what's already a known to work for a fact to reduce and avoid stress?

And what spaces are in need of stress reduction?

Where are the big gains to be made?

# Well... how about work?

Where we do spend 8 hours a day -or more...-

8 hours a day is 1840 hours a year

And if you work 40 years that's **736000 hours...**

at work

in your office

wow...

Can't evidence based design help improve your well-being?

And make you:

- more productive?
- less sick?
- more effective?
- more positive?
- more happy?

Can art help you thrive at work?

# That's exactly where the moodlab comes in...

I believe art can. I believe art can change the quality of your life for the better. So, yes at work!

I believe we are now more in need than ever of it's inspiration, creativity.

That cutting budgets on culture and art, because of the tough economy is really not the wisest of choice, especially in the long run.

I believe we need to feed our soul.

So we can make the changes needed to improve life on this planet

For everyone..

I believe we can. Easily.

If we say it is easy.

and focus on the positive.

I think it's a matter of mindset.

As a former teacher in schools for children with special needs, using intervention techniques to change behavioural patterns, I can tell you from experience this is how we learn best:

By adding in the good stuff.

It's how our brains are wired.

All it takes is willingness and action. Being alert and taking personal responsibility.

And encouragement.



*"driving blue" © Niene's Moodlab*

# So that's why the moodlab is here?

*Yep!*

*To help & provide you with beauty in your workspace so you can shine and be the change you want to see in the world. (Thanks Gandhi!)*

*To create a safe environment that will give you the courage and strength to make a difference.*

I believe now's time.

Time for you to shine your light.

Time to make this world an even more extra-ordinary place than we first got here.

To make sure it'll still be there for future generations to enjoy.

And you know....

everything we need is already here.... I'm not making it up; it really is.

We just need to open our eyes and see the opportunities, connect the dots and take action.

Keep adding in the good stuff.

This is how our brain is wired to learn.

Positively affirming new patterns to overtake and get rid of the old.

*Insanity is doing the same thing over and over again and expecting different results.*  
Albert Einstein

# Great! now we're getting somewhere..

Wonderful. So are you ready to get started?

Here are 6 tips you can do today to add more beauty into your work life.

The fastest path to success is: take action so *implement now!*

Six tips you can do right here, right now, today.

Yeah you!

Just pick 3 and implement them right now.

Yes, I know, you're busy, but you need a break anyway..

Did you know taking breaks actually makes you more creative and efficient?

If you, right before you go on a break, remind yourself to come up with a solution for a problem you are working on, you'll actually more likely to come up with a great idea after the break. Result from reseach...

So just pick 3...

# 1 random acts of kindness

There are so many things you can do:

Send a card (ever heard of “send a smile”?)

Throw a book you’ve finished in a strangers mailbox

Give the waitress at lunch a big tip

Compliment a stranger when waiting on the elevator (open the door for them!)

Use your imagination & get creative!

The law of circulation states that the act of giving is one of the highest vibrational energies in the world. When you give something valuable to someone, from your heart, you instantly feel more abundant, you feel good about yourself, you do something good for the person on the receiving end and it triggers the Law of Circulation.

Plus doing something for somebody else gives you a sense of purpose, community and we all need to feel acknowledged and this is a great way to do so.

## 2 smile

Yep that's right.

Even if you do not feel like smiling right now:

Curl the corners of your mouth.

There you go, :) LOL!

It will cause hormones to flow through your body that make you feel good.

Notice how people start smiling back at you when you smile.

It's a ripple effect..

-and when you're working from home, take a look in the mirror or take your smile outside during lunch break ...

Did you know that even when people can't see your smile, they can feel it.

So answer the phone wearing a smile.

Shine your light

Add to the beauty

## 3 take a walk

How does it add beauty?

Put on your best best clothes, see? Beautiful!

Now go outside and really show off your new clothes.

Feel the fabric on your skin.

Another good thing about walking -or moving- is that you'll get your lymph system on the move. It's the 'sewer system' of your body if you will, so walking helps you get rid of gunk and toxins in your body.

breathe!

Take a turn you've never taken before

## 4 add more green to your office

Plants will not only give you oxygen, research -again- shows the color green has healing properties and a calming effect on the brain.

- plant an outdoor or indoor garden project: like herbs in your window sill you can eat.
- buy flowers
- walk in the park or woods
- shift to plant based diet; prepare food you've never ever prepared, better for the planet, better for the animals, better for the people that work in the meat industry, better for your body & shift your pH level back into gear.
- get rid of toxins, so your body can actually do what it was designed to do and we can actually stay here for a couple more years

Like we said: knowing you take good care of yourself or something /somebody else makes us feel good.

## 5 sleep

I can hear you think: I know this...

Well knowing and doing are often two different things...

How many hours a night do you sleep?

We need rest. At least 8-10 hours a night. Yep. 10!

It makes you more cheerful

You can better process all the things that are going on in your life  
and be more effective during the day

So going to the gym at 0:30 am... Not such a good idea...

And really, people do...

and: it makes you beautiful

less bags, less wrinkles.

Really!

## 6 toss the dice

### What?

Yep, just bare with me; this is good for lunch time:

Get a piece of paper and a pen

Find a dice

Get your egg timer out and set it to 60 minutes

Write #1-6 on the paper

Now before you start the timer; take 5 minutes to come up with a list of 6 things you LOVE LOVE LOVE to do when you've got an hour to spend -that are available-

Ready?

Now throw the dice and look at the number. What activity was that on your list?

Guess what: That's what you'll be doing the rest of the hour!!!

Whohoo!

-It's also a super way to work your way through the endless to do lists.

Prioritize and throw the dice-

Free up time for you & do what you love. Coincidence is known to increase happiness. And if you feel happy; you shine & add more beauty.

And of course there's one more missing...

## 7 add ART into your office/life!!!

Art can transport you to other realms, connect with the bigger picture of life and get you out of the grey of the ordinary day. It can keep you connected you to your "big WHY"

In the early days people considered art to be the way to connect with the divine!

And -if you prefer to keep your feet on the ground- :

it will give you something else to talk about over dinner...

So feed your soul and:

- listen to your favorite music
- read a poem
- go see that new movie
- flick through a coffee table book
- go to a museum
- go see a performance
- dance
- sing

go see, go do, go hear, taste, feel, play & use your senses and have fun

# ok, that was fun,

but Niene, what has all of this to do with your photography?

**Sir Ken Robinson**, PhD, a best selling author of 'The Element', TED speaker, and internationally recognized leader in the development of education and creativity and innovation eloquently put it like this:

The educational system invented in the Industrial age is over. In order to survive, we need to embrace our talents, get into the flow, shine our light, being in -what he calls- the element.

For me that's photography.

And what better medium:

Research shows that visual art improves well-being; especially representative art.

It doesn't actually matter whether you see a real plant or a photograph of a plant; they have the same effect.

Photography is a super medium to represent.

Better still: I think photography can go the extra mile by playing with pixels.

Writing with light to improve well-being, using light to shine light.

A creative medium that matters.

If you'd like to find out more about "The Element", here's a description and a link:

*The element is the point at which natural talent meets personal passion. When people arrive at the element, they feel most themselves and most inspired and achieve at their highest levels.*

*The Element draws on the stories of a wide range of people, from ex-Beatle Paul McCartney to Matt Groening, creator of The Simpsons; from Meg Ryan to Gillian Lynne, who choreographed the Broadway productions of Cats and The Phantom of the Opera; and from writer Arianna Huffington to renowned physicist Richard Feynman and others, including business leaders and athletes.*

*It explores the components of this new paradigm: The diversity of intelligence, the power of imagination and creativity, and the importance of commitment to our own capabilities.*

<http://sirkenrobinson.com/skr/the-element>

Great book! And describing the value Moodlab wants to bring to you.

To help you create an environment, an experience that will get you at the element and inspire and achieve at your highest level through art.



*From the series : "Windows" © Niene's Moodlab*

## Whohoo! You've done it!

If you're here you've read the whole report, implemented 3 things, today, to add more beauty and you know what? There is still lots more beauty, creativity and inspiration to come! Yay! Being an official subscriber to the Moodlab you will get tons of ways to add more things of beauty into your life. Right into your mailbox! Whohoo! I can't wait to share!

Ans as I am very curious I'd love to hear your stories and what things you actually implemented. Tell me about your experiences:  
What flowers did you buy, what happened after rolling the dice?

Share it on the Moodlab Facebook page, please:  
<https://www.facebook.com/niene.nu>

I'm really excited to have you around,  
thanks and see you soon!  
Niene

*"Imagination is more important than knowledge".*  
Albert Einstein



## Interested in finding out more about Niene.nu & the Moodlab?

Go to her website & find out what she can do for you : [www.nienesmoodlab.nu](http://www.nienesmoodlab.nu)

Engage in all the social media platforms Niene is to be found,

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