

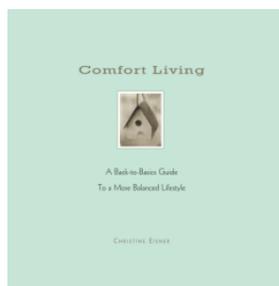
Whether You Shop at Wal-Mart, Pottery Barn or the Family Attic, Here are Some Tips for Creating “Home” in College.....



Calling all college students: Put away your wallets and listen up!

This is NOT another one of those “dorm room makeover” articles. You may not realize it, but your surroundings play a HUGE role in your college experience. So forget about appearances and think experiences when it comes creating your “home-away-from-home”.

It’s hard to control mammoth reading lists, looming term papers and overpopulated 101 classes, but guess what, whether you live in a dorm, a frat or sorority or off campus, your room can be your BFF during the tough times as well as the good ones. So take control over where you live– and believe me it will affect how you feel and how you function, academically and socially.



Christine Eisner is a designer, author, consultant and mother of a college sophomore. She was the Public Relations Director for Polo/Ralph Lauren and has worked in the lifestyle and design world in New York, London and Atlanta for over 30 years. As the author of the critically-acclaimed *Comfort Living: A Back-to-Basics Guide to a More Balanced Lifestyle*, she guides people in creating living spaces that make life better. **To buy a copy of the book, [click here](#).**



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10 EASY Tips for Your “Home-Away-from-Home”

1. YOUR COMFORT WORDS:

What words describe how you want to feel in your space? Click here for an easy **exercise** to find out your Comfort Words. Keep them in mind as you make changes that shift the emphasis onto *you* want to *feel*, instead of how you want your room to look. Have your room mates do it too! (See page 16, *Comfort Living*)

2. YOUR BED: Sleep is **critical**, so make sure your bed doesn't get in your way. Try adding an egg crate foam topper or spent \$10 for a better pillow. It's worth it. Bring a pillow case, blanket or comforter from your old room for a bit of home-grown TLC.

3. A LIGHT TIMER: Wouldn't you rather return to the warm glow of lamplight instead of a dark and empty room? *Comfort Living* “campfires”, just like real ones draw you in and make you feel good. One practical tool: Buy a light timer (\$5 at the hardware store). Then set it to turn on in the evening and to go off before bed. It will be a gentle signal that says “Welcome Home!”

4. YOUR FLOOR: A rug underfoot makes getting up in the morning just a bit better. Even an \$8.99 bath mat can work wonders -- or you can go bigger for more comfort.

5. YOUR WALLS: Claim your wall space in a BIG way! How about a flag of your home state or country, a collage of posters, 8 x 12 photos or a patchwork of sarongs or tie-died flat sheets?

6. PHOTOS: Download some of favorite faces and places onto a digital frame. Placed on a night table or shelf, it'll connect you to past memories and allow new friends to see another side of you.

7. A COMFY CHAIR: A small corner of your room can become your “go to” place to chill out or regroup after a rough day. Options abound at yard sales, parents' attics and consignment stores.

8. MUSIC: Music is the fastest and cheapest form of transportation! Ask home-town friends for their favorites and make a compilation so you can all easily return to shared memories. Set up playlists to put you in different moods -- for studying, for exercising, for relaxing, for partying.

9. MY BOOK, *Comfort Living: A Back-to-Basics Guide to a More Balanced Lifestyle*: With practical ideas, ToolBoxes, easy examples and your own Comfort Words (see Tip #1), you can make your day -to-day tit like your favorite pair of jeans!

10. FREE ADVICE @ comfortlivingbychristine.com & on Twitter: Be in touch and follow me! You can also check out the recording of my online program (Comfort Living Club, 8/10/10 “**College Bound? Creating Home-Away-From-Home**”). Also see the Upcoming page for other events, interviews and shows.

Comfort Living is available on amazon.com, comfortlivingbychristine.com as well as through Barnes & Noble, Borders and Books a Million.

5-star ratings from 9 Amazon “Top Reviewers”

A Foreword Reviews “2009 Book of the Year”
Finalist!