

I have incorporated these evidence based findings into my design to create an environment best suited for the needs of my client to give her a stress free home

ELEMENTS PROVEN TO REDUCE ANXIETY



Generalized Anxiety Disorder (GAD) is characterized by persistent and excessive worry about a number of different things. GAD affects 6.8 million adults, or 3.1% of the U.S. population, in any given year. And women are twice as likely to be affected.