



Barbara Among, the lead organiser, B-Among Events and Décor, says a comfortable home is less about luxury and more about intention; in how spaces are arranged to encourage rest. PHOTO/FILE.

Simple ways to turn houses into comfortable homes

Comfort at home is not a finished project but an ongoing process. The journey from house to home continues long after construction ends, shaped by the conscious decisions made every day to create a soothing and serene environment.

BY GEOFFREY OYET OKWERA

A house can be completed, furnished, and decorated, but still feel emotionally empty or unsettled. True comfort is created intentionally. It grows from daily habits, thoughtful choices, and the atmosphere the occupants nurture within the space. In essence, a house provides shelter, but the people inside transform it into a living sanctuary.

To ensure houses transform into homes that support the good life people yearn for, women from different walks of life gathered over the weekend in Kyanja, Kampala, to reflect on ways of making a home a more comfortable place to live in.

This year's edition of the Homes and Lifestyle Women's Brunch and Charitable Event was organised to equip women with practical life skills. The gathering brought together women professionals and entrepreneurs, who exchanged ideas on wellness, home improvement, personal growth, and financial empowerment, while fostering a sense of community and support among participants.

Practical skills key

Barbara Among, the lead organiser, B-Among Events and Décor, that brought women mostly mothers together, says this idea is intentional to enrich women with practical skills. Among said a comfortable home is less about luxury and more about intention. It is reflected on how spaces are arranged to encourage rest, connection, and peace. It shows in the small routines that shape everyday living from: shared meals, quiet corners for reflection, well-lit rooms that welcome morning sunlight and uncluttered spaces that reduce stress. These deliberate efforts form the invisible architecture of wellbeing.

The foundation of a happy home begins with the mindset of its occupants. When individuals choose calm over chaos, organisation over clutter, and warmth over mere functionality, the home becomes a place that restores rather than drains. In today's fast-paced world, where external pressures are constant, the home increasingly serves as a personal refuge. It is where people recharge

emotionally, reconnect with family, and find a sense of belonging.

Lifestyle begins at home

Purity Waako, a nutritionist at Ntinda Wellness Centre, affirms that lifestyle habits begin right at home. She emphasises that mothers, who often take the lead in meal planning and family routines, must adopt practices that protect their own health, as well as that of their families, especially at a time when lifestyle diseases are increasingly becoming the leading causes of death.

"As mothers, you need to know that you are the nutritionists at home by default. Make sure you serve your families the right food at the right time," Waako said.

She explained that the home environment shapes long-term habits, including eating patterns, physical activity, and daily routines. Many people, she noted, carry the behaviour they learn at home into workplaces, schools, and social spaces.

When families prioritise balanced meals, regular eating schedules, and healthier cooking methods, these habits often become lifelong practices.

Waako added that preventing non-communicable diseases such as diabetes, hypertension, and heart disease begins with simple but consistent choices made at home. These include reducing highly processed foods, encouraging fruit and vegetable consumption, and maintaining regular mealtimes. She added that

KEEP IT CLEAN

Josephine Nantongo, a cleaning expert encourages homeowners to often sort clothes by colour and fabric to prevent damage and colour bleeding, and to use the right amount of detergent to avoid residue that can irritate the skin. She says much as sun drying is actually important, homeowners can also rethink about creating space within the laundry to dry clothes using air. Beyond cleanliness, it is important to create a simple laundry routine that reduces stress and saves time.

families that consciously embrace healthier lifestyles create a strong foundation for long-term wellbeing and reduce the risk of preventable illnesses.

Homes reset the mind

Joan Tumuhairwe, an interior specialist at Joan Spaces Interior Design Studio, observed that the home is a place where people reset their minds after the demands of daily life. Because of this, she said, the home should provide a refreshing and attractive atmosphere that immediately creates a sense of calm and belonging.

"Make sure your designs suit your identity in terms of your preferred colour and blend these colours well," Tumuhairwe said.

She explained that personal identity plays a major role in interior design. Colours, textures, and accessories should reflect the personality and lifestyle of the occupants rather than simply follow trends.

A well-designed home, she noted, should feel authentic and emotionally comforting to those who live in it.

Tumuhairwe further recommended combining light and dark tones, soft and bold textures, or modern and traditional elements can create visual interest and warmth.

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