



*mercedes quintanilla*

DESIGN STUDIO

**ELEVATE YOUR SPACE: THE STRATEGIC  
BLUEPRINT FOR EXTRAORDINARY LEADERS**



# THE HIDDEN COST OF A MISALIGNED SPACE

What if the environment you live and work in is quietly fueling fatigue, stress, and lack of clarity — instead of supporting your goals?

What surrounds you either fuels your purpose or drains it. When your space is not aligned with your goals, it creates a gradual wear of focus, energy, and vitality — showing up as stress, tension, and brain fog. Lighting, layout, acoustics, materials, and sensory details aren't just aesthetic choices; when overlooked, they quietly erode performance and well-being.

High-performing individuals spend much of their lives in spaces that overstimulate, distract, and chip away at vitality. This constant stress and imbalance becomes the hidden cost of a misaligned environment.

The good news: whether you are reimagining an existing space or designing a new one from the ground up, your environment can work for you, not against you. This blueprint was created to help you design spaces — homes, offices, studios — that restore clarity, support your daily rhythms, and become true partners in both your productivity and your well-being.

Let's reframe your environment from something passive into something powerful — a space that clears your mind, supports your natural flow, and helps you focus or unwind exactly when you need it.



## WHY THIS MATTERS NOW

Burnout is at an all-time high. Attention spans are shrinking. What once felt like simple tiredness has become anxiety, insomnia, and mental overload — the hidden costs shaping how we live and work.

Your space — your home, your personal corner of the world — is one of the few things you can truly control. When designed with intention, it becomes more than a backdrop. It becomes the antidote to fatigue, anxiety, and brain fog: a sanctuary where focus, renewal, and balance feel possible again.

## WELL-BEING CHECK-IN

Imagine we are sitting in the space where you spend most of your day — your home, your workspace, or somewhere in between.

Let's pause and check in: is your space helping you thrive — or quietly holding you back?

Check all that resonate:

- I feel mentally clear, focused, and grounded in this space.
- My environment helps me shift gears — to focus or relax as needed.
- I feel a sense of ease here, not constant tension or restlessness.
- My space reflects who I am and who I am becoming.
- The lighting, layout, and design choices energize me — not drain me.
- I feel proud to host, create, or lead from this space.
- I have intentionally curated my surroundings with my well-being in mind.
- I notice how this space affects my mood, energy, and decision-making.
- When I step in, I feel supported — not distracted or burdened.
- This space feels designed for me, not just decorated around me.



Reflection:

What did you check? What is that telling you?

What did you skip — and why?

Your answers aren't just about design.

They reveal how you live, work,  
and show up for yourself.



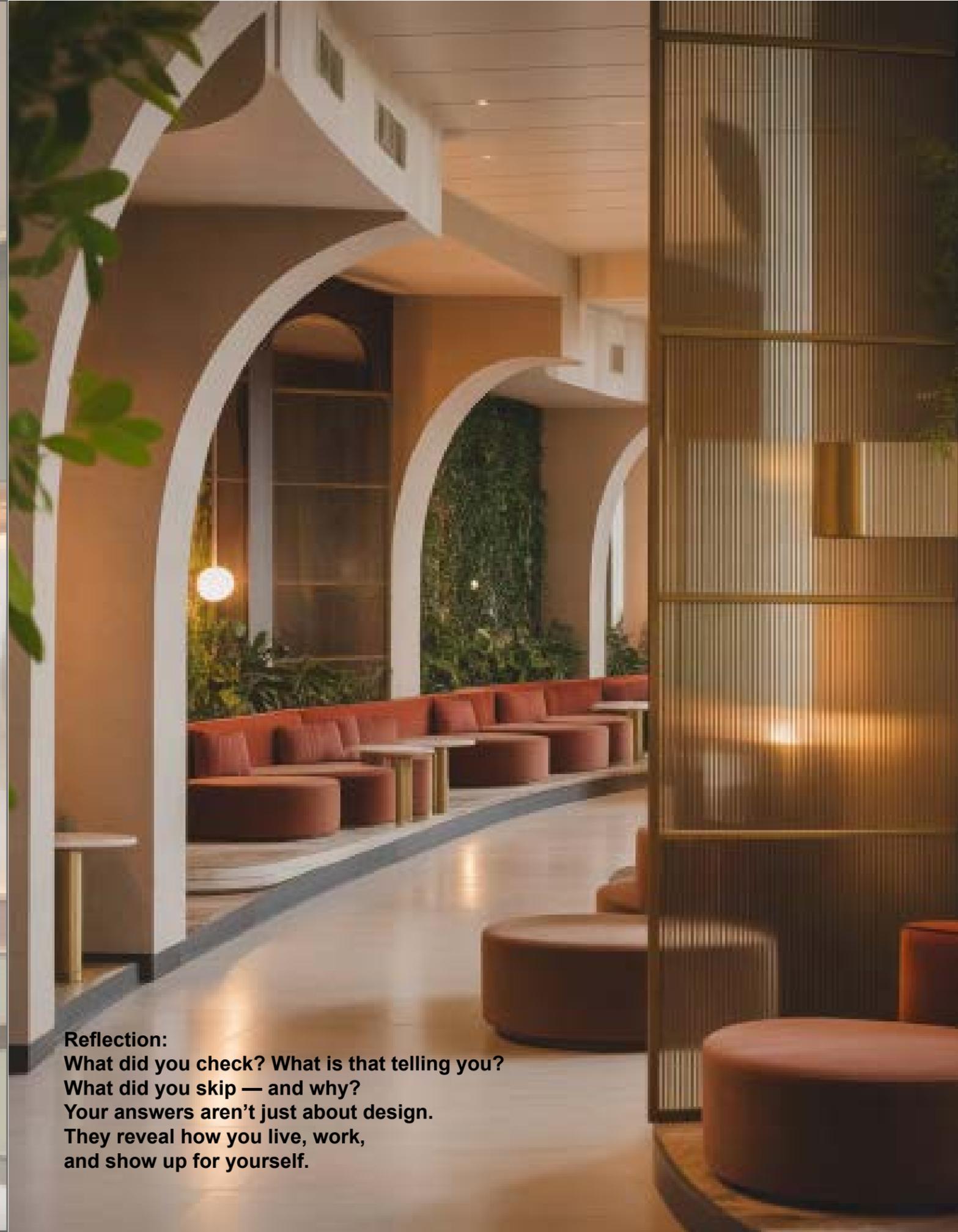
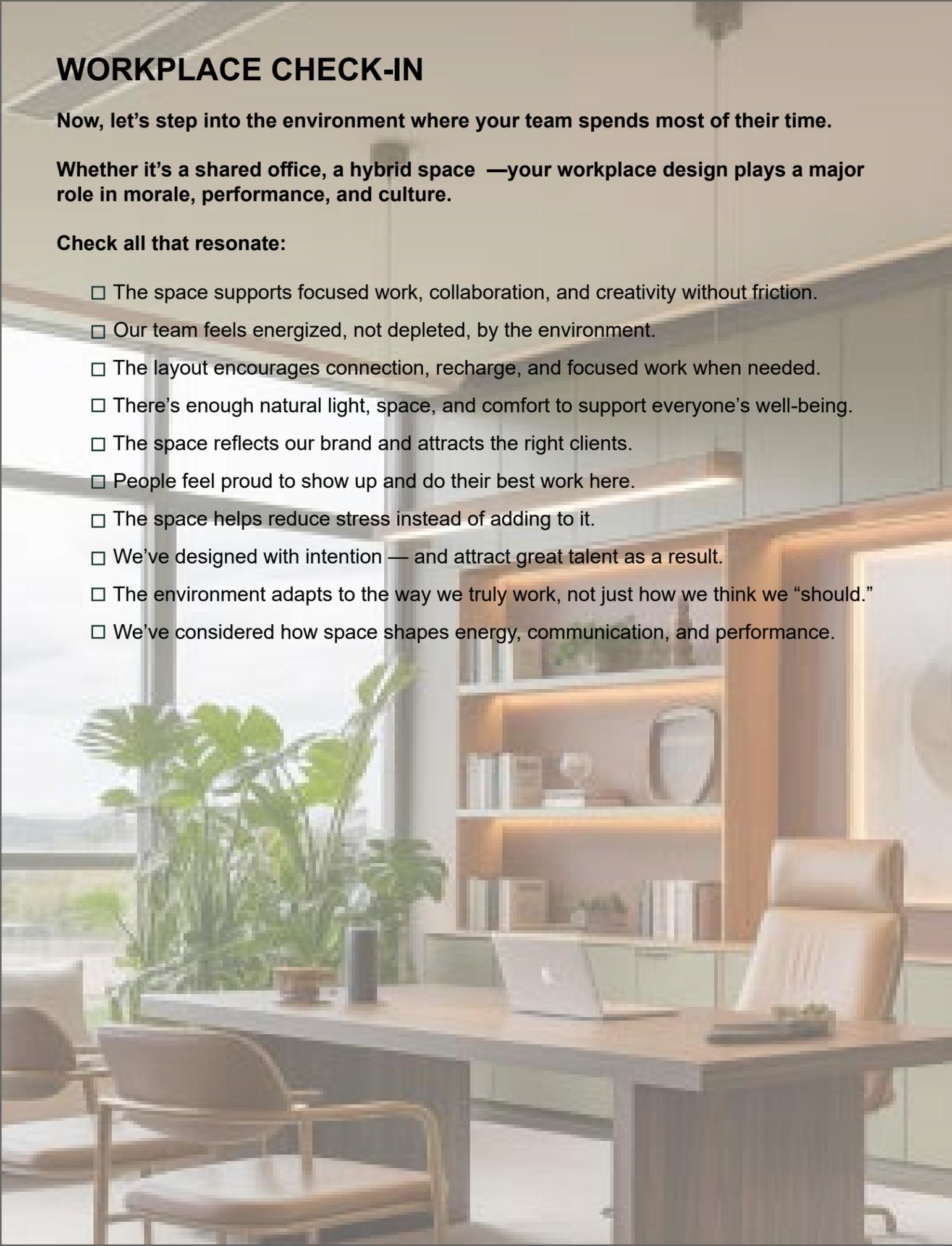
# WORKPLACE CHECK-IN

Now, let's step into the environment where your team spends most of their time.

Whether it's a shared office, a hybrid space —your workplace design plays a major role in morale, performance, and culture.

Check all that resonate:

- The space supports focused work, collaboration, and creativity without friction.
- Our team feels energized, not depleted, by the environment.
- The layout encourages connection, recharge, and focused work when needed.
- There's enough natural light, space, and comfort to support everyone's well-being.
- The space reflects our brand and attracts the right clients.
- People feel proud to show up and do their best work here.
- The space helps reduce stress instead of adding to it.
- We've designed with intention — and attract great talent as a result.
- The environment adapts to the way we truly work, not just how we think we "should."
- We've considered how space shapes energy, communication, and performance.



**Reflection:**  
What did you check? What is that telling you?  
What did you skip — and why?  
Your answers aren't just about design.  
They reveal how you live, work,  
and show up for yourself.

# THE 5 RESTORATIVE DESIGN PILLARS

## Designing for How You Think, Work, and Feel

What transforms a space from beautiful to truly restorative? These five pillars reflect what high-functioning environments actually need — whether for a remodel or new construction project:

### 1. LIGHT

Natural light isn't a luxury — it's a biological necessity. It regulates energy, improves focus, and elevates mood. Strategic lighting design aligns your space with your natural rhythm and emotional flow.

### 2. LAYOUT & FLOW

A restorative space respects how you move through it. From where you pause, work, or recharge — spatial design ensures your environment supports, not disrupts, your day.

### 3. SENSORIAL DESIGN

What you see, hear, touch, and smell matters. Sensorial design calms your nervous system, reduces mental noise, and creates emotional ease. This is where biophilic design — texture, greenery, soundscapes, even scent — comes to life.

### 4. ERGONOMICS & COMFORT

True comfort isn't passive — it's powerful. The right furniture, positioning, and scale create alignment between body and task, reducing stress and inviting ease.

### 5. MATERIALITY & COLOR

From grounding neutrals to restorative tones, and natural woods to breathable fabrics, the materials in your space directly affect your well-being. Aesthetics meet intention when materiality is curated for beauty, function, and health.

**“Your team is the driving force behind your success. Let's design a workspace that empowers them to reach new heights”**



## QUICK WINS + CURATED PICKS

Choose your focus — home, workplace, or both.

### Quick Wins: Home

Whether you're reimagining your current home or creating a new one, these intentional choices set the tone for restorative living:

- Plan for a soft landing — rugs, upholstery, and textiles that invite ease and connection.
- Designate spaces free from digital noise to protect moments of rest.
- Invite nature in — through views, greenery and natural finishes that echo its essence — until the space feels truly alive.

### Mercedes's Picks: Home

Adaptable for both remodels and new builds:

- Natural Textures: Linen or cotton throws — grounding and breathable.
- Mood Lighting: Dimmable, layered light that supports calm evenings.
- Restorative Scents: Built-in diffuser systems or natural candles — supporting balance and focus.

### From My Design Desk

Poorly designed spaces elevate stress hormones and cloud decision-making. Human-centered design isn't just beautiful — it's strategic. It optimizes performance, supports well-being, and helps you thrive.

## Quick Wins: Workplace

Small, intentional upgrades to fuel clarity and performance:

- ❑ Face a window or bring greenery into view.
- ❑ Reduce noise with soft materials or ambient sound.
- ❑ De-clutter visual distractions to create mental space.

## Mercedes's Picks: Workplace

- ❑ Task Lighting: Circadian-supportive desk lamp.
- ❑ Supportive Seating: Ergonomic chair designed for posture and focus.
- ❑ Movement-Ready Workstations: Desks with integrated treadmills to promote energy and focus.

## From My Design Desk

One simple shift to instantly improve your space: upgrade your lighting. Choose warm LED bulbs (2700K–3000K) that support your body's natural sleep-wake cycle. A small change, a powerful impact — good for you and good for the planet.

**Ready to bring this blueprint to life?**

[LET'S BEGIN →]

