

Mood BOOSTER

Why what you wear matters.

WHEN YOU'RE TRYING to live through a global pandemic, figuring out what to wear is likely not top of mind. But according to Dr. Carolyn Mair, a behavioural psychologist and the author of *The Psychology of Fashion*, slipping into your favourite pair of jeans could help with anxiety and stress—after all, clothing is part of our identity. “Uncertainty brings with it fear of the unknown,” she says. “It’s very easy to lose a sense of value when we feel out of control.” We spoke with Mair about how fashion can help us navigate this new reality.

STRUCTURE THE DAY WITH OUTFITS

Save the sweatsuit for after hours. “When we create structure in our day, we get a sense of control over at least some parts of our life,” says Mair, adding that a routine allows us to maintain a schedule and focus better. “Our work clothes [often] represent productivity and pride in what we do.”

PRIORITIZE WHAT BRINGS YOU JOY

We form associations with our clothes through our experiences—everybody views their wardrobe differently. In other words, wear what makes you happy, whether it’s all black or pattern on pattern. “The power is in [people], not in their clothes,” says Mair. She suggests trying items on and asking yourself “How do I feel in this?” If the piece elicits



a positive emotion, such as confidence or strength, that can be projected outwardly.

STAY CONNECTED

It’s important to feel like you’re still part of a community that matters to you. “During times like these, we need to feel pleasure and joy and we need to feel positive about ourselves,” says Mair. Stream online fashion shows, share your WFH outfit of the day on Instagram or relive the getting-ready jitters with your friends over video chat and dress up for a virtual happy hour. “[Just remember] that life will go on after this, and we will be okay.”

READY, SET, LOUNGE

THE COOLEST LOUNGEWEAR BRANDS FOR ANY OCCASION.

YOGA IN THE LIVING ROOM

Work up a sweat in bike shorts and a ballet-inspired bodysuit from Los Angeles slow-fashion label **GIL RODRIGUEZ**. Minimally designed with a retro flair, the ethically manufactured pieces are made to move around in. If your preferred exercise is lying down (no judgment here), opt for a pair of vintage-inspired velour sweatpants. (gilrodriguez.com)

GAME NIGHT

Set the vibe to "chill" with a matching set from celeb fave **MONROW**. The cozy basics made from the brand's trademark super-soft fabric are anything but boring. Choose from bold animal-camo prints and oil-spill-like tie-dyes for an outfit that's good enough to wear for a snack run. (monrow.com)



WORKING FROM BED

Take meetings without ever lifting your duvet with **SOFT FOCUS**. The Toronto-based brand's line of chic and versatile loungewear is designed by Sammi Smith, who began the label with her own transition to WFH in mind. Colour-block pyjama tops double as loose-fit collared shirts, while fluted slip-dresses could pass for cocktail-wear. (insoftfocus.com)

Digital DRESS-UP

When you can show up anywhere using just a computer screen, it's tempting to put on anything and call it a day. To elevate your new daily uniform, ELAINE JYLL REGIO, ELLE Canada's fashion and market editor, shares her style tips on how to turn even the most basic piece into a sartorial statement.



Cotton-modal T-shirt, Banana Republic (\$24.50, bananarepublic.gap.com)



PIN

"Take a page from your high-school days, when personalizing backpacks with pins was all the rage."

Baroque-pearl, faux-coral and metal pin, Albus Lumen (\$295, at matchesfashion.com)



VEST

"Go for a waistcoat—wear it buttoned up for a put-together look or open for casual cool."

Tweed vest, Maje (\$522, at Harrods, harrods.com)



NECKERCHIEF

"Use a ring to decorate your scarf. It's the perfect way to integrate your jewellery into a look."

Polyester scarf, New Look (\$14, newlook.com)



BANDEAU

"A bandeau enhances your silhouette, adds a touch of visual interest and makes you look like a layering pro."

Polyamide and elastane, Cosabella (\$79.50, cosabella.com)