

Colors and How They Can Affect Your Mood

Color...Can it really change your mood? YES IT CAN!

Psychologists, Physiologists, Designers, Decorators, and Architects have all completed studies on how to use color to affect moods. Know your colors and create different moods in each of your rooms.

- WHITE is pure and innocent. Too much white can make a room feel cold and empty but it can make a smaller room feel bigger with an open feeling. White with color splashes work well in smaller, less sunny rooms.
- BLACK can give the feeling of power but can also feel aloof and evil. Depending on the room, it can be comforting or closed in. To use black, make sure there is plenty of lighting.
- BLUE has shown to decrease blood pressure and aid in relaxation. Blue in the bedroom has proven to aid insomnia. Blue has also proven to increase thought processing therefore add it to your kitchen or home office. It will increase your productivity but remain relaxed.
- GREEN connects with nature. It creates the feeling of relaxation and laziness. It can also slow breathing. Use it where you want to relax.
- YELLOW stimulates the brain, speeds up metabolism and enhances concentration. With that said, yellow is also the hardest color for the eye to perceive, so without soothing colors to off-set the stimulation, it can be overpowering and create tension. People tend to become angry in too much yellow and babies cry more in a yellow room.
- PURPLE is peaceful and soothing. It is also associated with wealth and romance. Purple occasionally is used to aid nervous disorders. Purple tends to sooth emotions and creates a peaceful feeling.
- RED stimulates stamina and vitality. Red also can increase heartbeat, blood pressure, appetite and breathing. Red is often used for accent to add liveliness to a room.
- PINK has the opposite effect as red. Muscles relax, and nurturing is brought out.
- ORANGE works as an antidepressant. It also boosts self-esteem. Orange also seems to aid the digestive and immune system so it's a great color to use in a kitchen.
- BROWN often gives off the feeling of retreating but can also provide feelings of security.
- GRAY is becoming more popular with self-reliant and independent personalities.

Today's Tip: Choose colors that you look good in. If you have a favorite piece of clothing that looks spectacular on you, see if you can incorporate that into your color decision(s).

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