

WARM COLORS AS A TOOL TO REDUCE DEPRESSION FOR MENTALLY INDIVIDUALS IN ABIA STATE UNIVERSITY, NIGERIA

CHIDIMMA CINDY OGONNAYA, NWANKWO, Ph.D.

DEPARTMENT OF FINE ARTS, FACULTY OF ENVIRONMENTAL DESIGN, AHMADU BELLO UNIVERSITY, ZARIA, KADUNA STATE, NIGERIA.

ABSTRACT

This research attempted to address the effect of warm colors as a tool to reduce depression for mentally individuals in Abia State University, Nigeria. Depression symptoms are alarmingly increasing among university students in Abia State, Nigeria. It is seen that in most cases the student's academic performance, health, and quality of life is negatively impacted as a result of depression. The study was conducted with 50 participants from the Department of Fine/Applied Art, Faculty of Engineering, Environment and Technology in Abia State University, Nigeria. Warm colors instantly conjure up associations with heat, fire, and the sun, so these colors tend to feel more energetic, inviting, cozy, stimulating, passionate, and intimate. Warm colors are red, yellow, orange, gold, beige, creamy neutrals, brown, and tan. Warm colors will always add a sense of calm and security to a space. Additionally, warm colors like orange and yellow are linked to happiness and optimism. Color red was found to induce the most adverse impacts on depression levels, whereas green indicated a comparatively low adverse impact. Blue had the slightest adverse impact on depression with a slightly favourable impact on reducing stress. Depression results from a complex interaction of social, psychological, and biological factors. People who have gone through adverse life events unemployment, bereavement, and traumatic events are more likely to develop depression. Depression can, in turn, lead to more stress and dysfunction and worsen the affected person's life situation and the depression itself. Warm Colors are made up of reflected lights that hit our retinas as the wavelengths vibrate. Our brain interprets these wavelengths, which ultimately makes our perception of color as a physical and sensory experience. Color therapy is based on the idea that colors create an electrical impulse in our brain, which stimulates hormonal and biochemical processes in our body. These processes either stimulate or calm us.

Keyword: Warm colors, Tool, Reduce depression, Mentally-individuals, Students.

INTRODUCTION

Warm Color therapy is an alternative remedy that uses color and light to treat physical or mental health by balancing the body's energy center. This concept dates back to ancient Egyptians who used sun-activated solarium rooms constructed with colored glass for therapeutic purposes. Today, both conventional and holistic practitioners acknowledge the bright potential of art therapy which, naturally, includes color. Although color therapy remains a gray area in Western medicine. Color therapy is a non-invasive and holistic treatment that brings balance and health to mind and body. The vibrations of the color in color therapy class improves mood and overall health. Depression is a severe mood disorder covering a variety of negative moods and behavioural changes. It is the fourth leading cause of social incapacitation in the world according to Diagnostic and Statistical Manual of Mental Disorders 5th Edition (DSM-5).

Maintaining mental health of individuals is vital due to its direct correlation with physical and social health leading to a healthy contented life. Mental well-being is an important indicator among the world population. More than 164.8 million people in the world are affected by mental disorders (Kessler et al., 2012). Due to the contemporary sedentary lifestyle, many individuals are found to be experiencing a poor degree of mental well-being. Figures of the World Health Organization (2017) show that one in every two people worldwide suffer from psychological illnesses. Stress, anxiety, and depression are three leading mental disorders, and have been recognized as negative indicators of mental wellbeing (Bibi et al., 2020).

To make a diagnosis of depression, an individual should experience persistent feelings of either sadness or loss of interest/pleasure in activities they once enjoyed, as a main symptom for a period of two weeks or more together with five or more symptoms of decrease or increase in appetite/weight, fatigue or loss of energy, feeling of worthlessness/guilt, lack of concentration and recurrent suicidal ideation (American Psychiatric Association, 2013). Apart from the emotional problems caused by depression, individuals can also be present with physical symptoms such as chronic pain or digestive issues. Individuals with Generalised Anxiety Disorder (GAD) experience chronic, constant and often unsubstantiated fear or worry with reference to family, health, financial status etc. Such worries can continue throughout the day, in some cases every day, disrupting social activities, family, work or school. According to DMS 5, symptoms of GAD include but are not limited to, excessive anxiety and worry occurring for at least six months and three of the six symptoms namely, restlessness, fatigue, difficulty concentration, irritability, muscle tension, sleep disturbance (American Psychiatric Association, 2013).

Carl Jung is most prominently associated with the pioneering stages of color psychology in the 20th century. Jung was most interested in colors' properties and meanings, as well as in art's potential as a tool for psychotherapy. His studies in and writings on color symbolism cover a broad range of topics, from mandalas to the works of Picasso to the near-universal sovereignty of the color gold, the lattermost of which, according to Charles A. Riley II, "expresses the apex of spirituality, and intuition". In pursuing his studies of color usage and effects across cultures and time periods, as well as in examining his patients' self-created mandalas. Jung attempted to unlock and develop a language, or code, the ciphers of which would be colors. He looked to alchemy to further his understanding of the secret language of color, finding the key to his

research in alchemical transmutation. His work has historically informed the modern field of color psychology. (Lin, Zhang, & Margraf, 2020).

LITERATURE REVIEW

Conceptual Framework

The meaning of colors are often imbued with great symbolic power. Even in the modern English-speaking world, where superstitious beliefs have largely faded in the light of scientific knowledge, many colors have retained their ancient associations. Most people know that brides often wear white, that "seeing red" means being angry, and that one can feel "green with envy." But learning why these connotations exist requires a look back to the beliefs and practices of the ancients. Red has a range of symbolic meanings through many different cultures, including life, health, vigor, war, courage, anger, love and religious fervor. The common thread is that all these require passion. In moments of rage, lust or embarrassment, bright red oxygenated blood rushes to the skin's surface as a response to "fight or flight" sympathetic nervous system. There are many theories as to why human and non-human species have evolved this physiological trait, however many center their conclusions on asserting dominance or appearing more attractive to a potential mate, according to the journal *Philosophical Transactions of the Royal Society B*. Barrick, C.B, (Taylor & Correa, 2022).

In relation to dominance, the color red has even been found to impact the world of sport. A study published in the journal *Nature* found that several soccer teams achieved greater match results while wearing predominantly red shirts than while playing in other colors, such as white and blue. Colors were so powerful in traditional cultures that red objects were believed to convey health through their color alone. For example, most red stones such as garnets and rubies were believed to have health-giving and disease-preventing properties. In Rome, children wore red coral as a talisman to protect them from diseases, and in China, for similar reasons, children always wore a piece of red clothing. (Bem, Alagbe, & Owoseni. 2017).

Color psychology is the study of colors and hues as a determinant of human behavior. Color influences perceptions that are not obvious, such as the taste of food. Colors have qualities that can cause certain emotions in people. How color influences individuals may differ depending on age, gender, and culture. Although color associations can vary contextually between cultures, color preference is thought to be relatively uniform across gender and race. The color green is widely accepted as the color of nourishment, growth and health. Many health brands use the color green for their logos for example to give the consumer a sense of health and nourishment. The psychology is, using the color green encourages a sense of trust and wellbeing. This by itself can have a big impact on whether the consumer goes on to buy a product. Green can have big benefits for mental health. This is why spending time in nature can be an effective way to balance mind and mood. The various shades of green in a natural environment manifest sensations of wellbeing and peacefulness. Green is a color used to imply regeneration. Benedetti, (Colombo, Barbini, Campori, & Smeraldi. 2021).

Colors that Reduce Stress, Anxiety and Depression

Purple

Soft purple or lilac colors can offer peace and balance. They are quite serene, which means they can be attributed to lowering stress and anxiety levels. It has a very calming effect on people's moods, especially its soft pastel shades.

Gray

Although gray can be a somewhat bland color, its perfect essence is quite calming and has a wonderful way of removing stressful thoughts and feelings. This is also considered an earth color and can relax you way more than you think.



Title- Gbagyi Beauty 54

Date- 2013

Medium- Pastel on mount board

Size- 24cm × 36cm

Artist- Nwankwo Chidimma Cindy Ogonnaya

The psychology of colors confirms that colors can have a definite effect on people's moods and feelings. There are a lot of calming colors that can help to reduce feelings of depression, anxiety, and stress.

Red

A very powerful color, red can easily raise energy levels and stimulate moods. Because of its power, it can help combat depression by creating positive thoughts and feelings. As it is a very strong color, it can sometimes make people feel more aggressive than usual

White

White is truly a timeless classic that sets forth feelings of warmth and presents with calming effects that lower stress and anxiety levels; probably because the color reminds us of the color of clouds.

Green

Green is definitely a very comforting and restful color. It is often associated with nature and things growing, which also is incredibly comforting. Many people who feel like they are one with nature seek to relax by going to parks, wooded areas, and hiking trails, all of which are mostly green-dominated. Since the color itself and surroundings draped in green are comforting at best, they can be attributed to helping to reduce stress levels and even help to minimize anxiety.

Yellow

A soft pastel yellow can make you feel as though you are basking in the warm sunshine. It is a color that helps alleviate stress levels.



Plate XI

Title- Exploration 2

Date- 2012

Medium- Charcoal and Pastel on paper

Size- 60cm × 80cm

Artist- Nwankwo Chidimma Cindy Ogonnaya

Blue

Though blue is a very basic and indeed a classic color, it is also a color that is very soothing to the mind and helps to reduce feelings of anxiety and stress. When people are stressed out the most, many will have the desire to look at the ocean or even the blue sky to overcome their stress.



Title Gbagyi Beauty 52

Date 2013

Medium- Pastel on paper

Size – 50cm x 65cm

Artist - Nwankwo Chidimma Cindy Ogonnaya

Tan

This color is very neutral and natural, because of its calming essence can help to reduce anxiety and stress levels and even make you feel as though you are surrounded by warm, flickering candles. Earth tones make people relax as they are easy on the eyesight.

Orange

This is the perfect color to promote activity and excitement, which is a surefire remedy for reducing apathy and depression. It tends to increase enthusiasm as well. It can help remove feelings of self-pity.

Warm colors are typically used for stimulating effects, while cool colors are used for calming effects. Color therapy is a form of alternative therapy that uses color and light to improve mental and physical health conditions. It is based on the belief that exposure to certain colors can help to balance body's energy. Color therapy can help with stress, depression, aggression, high blood pressure, sleep disorders, anxiety, certain cancers, skin infections. Over the decades, color therapy has been purported to provide several benefits ranging from physical to mental, including stress relief. Certain colors like blue and green are thought to have soothing effects on people who are stressed or anxious. Boost appetite: Warm and stimulating colors are thought to boost appetite when struggle with the desire for food. People mainly suffer from seasonal affective disorder during colder weather because of the lack of sunlight. Certain types of bright light therapy have been shown to be of benefit for this mood disorder. Color therapy also suggests the unproven idea that warm colors like yellow and orange could also help with this. Colors such as red and yellow are believed to boost energy and make you more motivated. Human beings are unique. The effects of certain colors on people may range from person to person. Colors most people might find calming or soothing might be anxiety-inducing or depressing to others. (Davis, Robertson, Lew-Levy, Neldner, Kapitany, Nielsen, & Hines, 2021).

Depressive Disorder

Depression is a common mental disorder. It involves a depressed mood or loss of pleasure or interest in activities for long periods of time. Depression is different from regular mood changes and feelings about everyday life. It can affect all aspects of life, including relationships with family, friends and community. It can result from or lead to problems at school and at work. Depression can happen to anyone. People who have lived through abuse, severe losses or other stressful events are more likely to develop depression. (Khanade, Rodriguez-Paras., Sasangohar, & Lawley, 2018).

Women are more likely to have depression than men. An estimated 3.8% of the population experience depression, including 5% of adults (4% among men and 6% among women), and 5.7% of adults older than 60 years. Approximately 280 million people in the world have depression. Depression is about 50% more common among women than among men. Worldwide, more than 10% of pregnant women and women who have just given birth experience it. More than 700 000 people die due to suicide every year. Suicide is the fourth leading cause of death in 15–29-year-olds. Although there are known, effective treatments for mental disorders, more than 75% of people in low- and middle-income countries receive no treatment. Barriers to effective care include a lack of investment in mental health care, lack of trained health-care providers and social stigma associated with mental disorders. (Zborowsky, T & Kreitzer, 2014).

Symptoms and Patterns

During a depressive episode, a person experiences a depressed mood feeling, sad, irritable, and empty. They may feel a loss of pleasure or interest in activities. A depressive episode is different

from regular mood fluctuations. They last most of the day, nearly every day, for at least two weeks. Other symptoms are also present, which may include: poor concentration, feelings of excessive, guilt or low self-worth, hopelessness about the future, thoughts about dying or suicide, disrupted sleep, changes in appetite or weight, feeling very tired or low in energy. Depression can cause difficulties in all aspects of life, including in the community and at home, work and school. A depressive episode can be categorized as mild, moderate, or severe depending on the number and severity of symptoms, as well as the impact on the individual's functioning. UNICEF. (Wijesundara, & Gamage, 2021).

Different Patterns of Depressive Episodes

Single episode depressive disorder, meaning the person's first and only episode; Recurrent depressive disorder, meaning the person has a history of at least two depressive episodes; and bipolar disorder, meaning that depressive episodes alternate with periods of manic symptoms, which include euphoria or irritability, increased activity or energy, and other symptoms such as increased talkativeness, racing thoughts, increased self-esteem, decreased need for sleep, distractibility, and impulsive reckless behaviour.

Contributing Factors and Prevention

Depression is closely related to and affected by physical health. Many of the factors that influence depression such as physical inactivity or harmful use of alcohol are also known as risk factors for diseases such as cardiovascular disease, cancer, diabetes and respiratory diseases. In turn, people with these diseases may also find themselves experiencing depression due to the difficulties associated with managing their condition. Prevention programmes have been shown to reduce depression. Effective community approaches to prevent depression include school-based programmes to enhance a pattern of positive coping in children and adolescents. Interventions for parents of children with behavioural problems may reduce parental depressive symptoms and improve outcomes for their children. Exercise programmes for older persons can also be effective in depression prevention. (Chen, & Lucock, 2022).

Diagnosis and Treatment

There are effective treatments for depression. These include psychological treatment and medications. Psychological treatments are the first treatments for depression. They can be combined with antidepressant medications in moderate and severe depression. Antidepressant medications are not needed for mild depression. Psychological treatments can teach new ways of thinking, coping or relating to others. They may include talk therapy with professionals and supervised lay therapists. Talk therapy can happen in person or online. Psychological treatments may be accessed through self-help manuals, websites and apps. (Hettiarachchi, & Perera. 2022).

Effective psychological treatments for depression include Behavioural activation, cognitive behavioural therapy, interpersonal psychotherapy, problem-solving therapy. Antidepressant medications include selective serotonin reuptake inhibitors (SSRIs), such as fluoxetine. Health-care providers should keep in mind the possible adverse effects associated with antidepressant medication, the ability to deliver either intervention (in terms of expertise, and/or treatment

availability), and individual preferences. Antidepressants should not be used for treating depression in children and are not the first line of treatment in adolescents, among whom they should be used with extra caution. (Rathnayake, & Ekanayaka. 2016).



Title- Exploration 2

Date- 2012

Medium- Charcoal and Pastel on paper

Size- 60cm × 80cm

Artist- Nwankwo Chidimma Cindy Ogonnaya

EMPIRICAL REVIEW

Mohsen Aliabadi, et al (2021) found that Color and light are two ambient attributes for interior spaces that can be used in the design and modification of workspaces. The visual and psychological effects of color and light of each have been studied separately and widely. The study was to investigate the simultaneous effects of warm/cool white light on visual perception and mood in a simulated colored workspace. Thirty-three healthy male participants were recruited. They were asked to judge the visual perception and mood of three types of workspace that were designed by colors of white, red, blue, and lights of a cool and warm white in the random six sessions. The participants have experienced higher levels of tension, anger, depression, anxiety and lower levels of visual comfort, attractiveness, brightness and calmness of environment in the red condition than to white in both state of light. The blue wall reduced brightness and increased attractiveness of environment compared to white wall. Cool white light reduced the warmth of color and increased brightness in all three color environments compared to warm light. The preference for cool or warm light depends on the color of the environment's indoor surface. The combination of the white color and warm light or the blue color with cool

light has more favorable effect on visual perception and people's mood in workplaces. (Farrer, Gulliver, Bennett, Fassnacht, & Griffiths, 2016)

Jacob & Suess (1975) who investigated the effects of color on anxiety observed higher anxiety scores under the red and yellow conditions than in the green and blue situations. As revealed in a study done by Mahnke (1996), most of the subjects associated red light with anxiety, blue and green with calming feelings of relief, orange with arousal but less arousing than red and more pleasantly stimulating; and violet with mystical feelings. Gerard (1958) cited in Lubos (2012) found that red produced feelings of arousal, and was disturbing to anxious or tense subjects, while blue generated feelings of tranquility and well-being, inducing a calming effect. Studies have shown that yellow produces statistically significant biological responses and higher anxiety-state scores (Dearing & Singg, 1996). Contrastingly, Nolan, et al (1995) identifies yellow as a soft warm color which could reduce the anxiety levels of patients.

In a study conducted by Kutchma (2003), it was found that subjects in red room conditions had higher stress rating scores compared to green or white room conditions. Blue color was found to induce a stronger effect on the reduction of stress levels (Lubos, 2012). Calmer emotions were generally noticed by patients who were exposed to a blue room; pleasant, calming, restful and supporting concentration, thinking and meditation, suggesting the colors ability to reduce stress levels (Mahnke, 1996). Spending time in natural green environments or even looking at pictures of green scenery in nature has been found to be linked with stress relief (Gamble, Howard & Howard, 2014).

Some studies have pointed out that patients with depressive disorders should not be exposed to blue or other cold colors as it could aggravate the disease conditions (Zhou, 2013). Woodson (1981) while identifying blue as a color which induces cool, comfort, protective and calming psychological impacts, has also discussed slightly depressing nature triggered by its darker versions. As cited in Kutchma (2003), depressing effects of blue has been also identified by Hamilton & Newport (1989). Similarly, some patients found blue to be cool, depressing and sad in a study executed by (Mahnke, 1996). It was indicated that depressed patients preferred the cold colors; blue, purple, suggestively due to the psychological belief that the cold colors could stabilize and calm down a restless or uneasy mood (Nagumo, 2006).

Ghadiali (1873-1966), a naturalized American from India, who had studied Babbitt's work. The doctor spent many years researching the effects of color on disease and developing colored filters. In 1920, he introduced a system of colored lights, which he sold under the name "Spectro-Chrome" lamps. Touted as a treatment for such diseases as diabetes, tuberculosis, and chronic gonorrhoea, the healing lamps were considered preposterous by many M.D.s and miraculous by others who claimed success with them. Although controversial (Dinshah spent much time in court defending his product), his work continues to inspire many color therapists today. Elliot and Maier (2012) have proposed color-in-context theory, which draws on social learning, as well as biology. Some responses to color stimuli are presumed to be solely due to the repeated pairing of color and particular concepts, messages, and experiences. (Othman, Ahmad, El Morr, & Ritvo, 2019).

Nwankwo, (2024), carried out a study on minimalist painting as a therapeutic remedy to individuals with mental health challenges. The study found out that students dealing with a lot of stress can reduce their cortisol levels through art therapy and reduce the risk of dying from heart disease. Stress can increase risk for heart disease. The implications of art therapy are numerous, but to uncover more we should encourage more people to engage with this research. Create whatever you find interesting, and create a lot of it. The more you create, the more your craft will improve and your style will be refined. The strategy is to find things that will inspire and keep the enthusiasm at high levels when applying artwork in painting. If art therapy is not attempted, people may miss out on the opportunities for self-expression and neurological activation that are offered. Other types of therapies, such as verbal-based therapies, that do not involve the creative process may not result in the same outcomes as art therapy. Art therapy is a broad genre that includes many mediums and is adaptable to fit a patient's need. Existing research already shows how art therapy can help treat certain conditions, and there may be correlational evidence that art therapy can indirectly prevent deaths, (Nwankwo, 2024).

Much research has found that people living in areas with more green space have better physical and mental health than those with less green space. European study looked at the effects on city dwellers of making purposeful visits to green spaces in four cities. They found strong positive links, including better mental health and more vitality. For another study, Michigan State University researchers analyzed data from the other side of the world. They compared the effects of living with a view of the ocean or of green space on residents of Wellington, New Zealand. They found that just looking out on a pure blue ocean or sea can significantly improve distress. Views of green space did not convey the same calming effect. (Rathnayake, & Ekanayaka, 2016).

METHODOLOGY

Quantitative and qualitative methods were used for data analysis. Questionnaire surveys, observations and photographic were used for instrument of data collection. Depression Anxiety Stress Scale was adopted to figure out the psychological levels under each color exposure. A questionnaire survey was incorporated to figure out the qualitative data on perceived comfort and satisfaction with reference to the introduced color conditions. The overall results of the quantitative study demonstrated considerable differences in the psychological states of the participants (depression, anxiety, stress levels) with reference to the existing color conditions over the introduced blue, yellow, green color conditions.

Color green produced the highest improvement in the levels of depression (“Normal” range: 80% and “Mid” range: 20%) compared to the existing color scheme (“Normal” range: 40% and “Mid” range: 60%) followed by yellow and blue (“Normal” range: 60% and “Mid” range 40%). Therefore, color green was revealed to be supportive in the overall improvement of psychological health, considering depression levels. And a tendency of blue color to aggravate depression levels.

The highest improvement in the levels of anxiety was seen again under the introduced green color condition (“Normal” range: 60%, “Mid” range: 33% and “Severe” range: 7%) followed by yellow (“Normal” range: 60% and “Mid” range 27% and “Severe” range: 13%) and blue

(“Normal” range: 53% and “Mid” range 40% and “Severe” range: 7%). Again, color green was seen as the best color choice out of the introduced three colors for the overall improvement of anxiety levels followed by blue as also observed by Gerard (1958) & Mahnke (1996). Unlike other colors, 13% of the participants experienced a moderate level of anxiety during exposure to color yellow. This observation supports the findings of Jacob & Sues (1975) & Dearing & Singg (1996) where color yellow was found to be aggravating levels of anxiety. Accordingly, as identified, color green was found to be reducing depression, anxiety and stress levels of patients compared to blue and yellow.

The findings of the study revealed positive impacts of color on warm colors as a tool to reduce depression for mentally individuals in Abia State University, Nigeria. Aligned with literature, color green was found to be inducing most conducive impacts followed by blue, in reducing depression, anxiety and stress levels of participants. The positive impacts of the shade of Green tested is quite evident when combining the findings of both. Color green was significant in the patients’ perceived level of satisfaction and comfort in their respective accommodation spaces, compared to blue and yellow. On the other end, the possible impact of color yellow in aggravating the perceived stress and anxiety levels was revealed. The positive impacts of color green can be supposedly associated with its connection to nature and the established pacifying, calming and relaxing effects (Wexner, 1954. Itten, 1973, .Birren, 1988, Mahnke, 1996 & Eiseman, 2006). Accordingly, the current investigation clearly identifies the potential of incorporating color green in health care facilities for patients who are affected with mobility impairments, in order to ensure their psychological health and well-being, by reducing depression, anxiety and stress levels. Othman, (Ahmad, Morr, & Ritvo, 2019).

CONCLUSIONS

Although colors have strong associations linked to them, it is also important to trust your own color intuition. The shades that stand out to you are the colors you will need to heal your personal needs. It can be as simple as choosing the shades you love because they make you feel good.

RECOMMENDATIONS

Orange is said to rebalance joy so it is perfect for anyone who is feeling low. So for those who want to remain optimistic, orange is the color to choose. Or if you are facing difficult decisions, orange is said to bring you wisdom making it a good color choice for a home office. Just like a beautiful sunset, orange should mostly be used to help you chase away sadness and bring you warmth and contentment. Simply embrace orange in a room that you spend a lot of time in. This could be the kitchen, home office or even a living room.

Purple is the perfect shade for a home office because of how it stimulates feelings of inspiration, calm and creativity. All are three factors that are needed in most job roles. As well as this, indigo shades are good for physical problems with the nose, ears and eyes, and can help to relax the nervous system and muscles.

Another perfect shade for happiness and confidence is yellow. So if you cannot seem to get out of a dark period, decorating your home or simply wearing a yellow t-shirt could help. Yellow drives clarity which could help to cut through all your negative thoughts and highlight the positives in your life. This is why this shade is ideal for someone facing a difficult time in their life or those who have been met with a new challenge. As well as helping mental health, yellow is linked to the skin and tissues, especially the digestive and nervous systems. It can also be used to treat asthma, bronchitis and help with skin problems.

Red is the color to choose if you want to get up and go, perfect for those who lack physical energy, courage and confidence, red will give you the power to grab life with both hands. Red could be helpful for those who need a boost of confidence. Red tones are also linked to blood, breathing and circulation and are believed to slightly raise your pulse and quicken your breathing as well. This is especially true with colored light where red makes the heart beat faster.

If you are suffering from depression, stress or even pain, blue is the color to choose. This is because blue is a relaxing shade that is reflective of the sea and sky. It encourages a sense of calm and will help to declutter a busy mind. As well as improving mental health, it is said that blue can help to treat stomach and muscle pain as well as colds, tension, stress and headaches. Not only this, but blue can be a blessing for those with insomnia. Said to be a sedative color, it may be helpful for anyone with a sleeping disorder. Because of the calming influences of blue, we recommend using it in a bedroom. It is perfect for using in a relaxing master bedroom or for making family and friends feel good in your guest bedroom.

A color which is perfect for self-love is pink. This shade is a sign of affection and compassion that is why pink flowers are often chosen to give someone you love. To make sure you are promoting your own self-love, use pink in your lifestyle. This will remind yourself how important it is to be compassionate and kind, not only to others, but to yourself. This is why pink is perfect for those who are extremely self-critical. It is a loving color to remind you to treat yourself just as you would treat your best friend.

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