



A Safety Net for Mental Health

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*We will respond within two business days of
receiving your message.

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The Power of Color: Making Your Summer More Comfortable

During the hot summer months, many of us naturally look for ways to create a sense of visual coolness. You might find yourself choosing more white, blue, or light blue items—whether in clothing, accessories, or home décor. These choices are simply a matter of personal preference; they may also be influenced by the psychological effects that colors can have on us.

In color psychology, colors are considered one of the elements that influence our mood, perceptions, and even physical sensations. For example, shades of blue are often associated with coolness and calm, while green tends to evoke feelings of comfort and a connection with nature. In contrast, warmer colors such as red and orange can create a lively, energetic impression.

This has a lot to do with the associations we form with different colors. Blue may remind us of water, the ocean, or the sky, while red often brings to mind the sun or fire. Because colors connect with our memories and experiences, they can subtly shape the way we perceive our surroundings. As a result, a room decorated in blue shades can feel cooler, while a room filled with red tones can feel warmer—even when the actual temperature is exactly the same.

Colors are also thought to influence our body's physiological responses. Cool colors such as blue and green are believed to activate the parasympathetic nervous system, which helps the body relax and may slow breathing and heart rate. In contrast, red is often associated with stimulation of the sympathetic nervous system, which can increase alertness, boost energy, and encourage action. Of course, individual responses to color vary, but paying a bit more attention to the colors around us may help make the hot season more comfortable.

For example, you might try:

- Adding small touches of blue or green around your desk
- Changing your computer wallpaper to a natural landscape
- Choosing phone cases and stationery in cool, refreshing colors

On the other hand, spending long hours in an air-conditioned environment can sometimes leave us feeling chilly or even a bit down. In those moments, it may help to adjust your body temperature with a light blanket or cardigan while also incorporating brighter colors such as yellow or orange into your surroundings. Simply changing the colors around you may give your mood a gentle lift.

As you move through the summer months, it may be worth paying a bit of extra attention to the colors you love and the ones that make you feel at ease.

Counselor's Oasis

In our home, we change the colors of our bedding with the seasons. During the warmer months, we use a white base with touches of light blue or soft lavender to create a cooler and more refreshing look. In the colder months, we switch to warmer tones, using beige or off-white as the base and pairing it with pinks or browns for a cozy feel. Because bedding takes up so much visual space in a room, changing its colors can noticeably transform the atmosphere of the space. Choosing colors that reflect the season has become one of my favorite ways to refresh both my room and my mood.