

## Colour for Mental Health

We can use colour to help influence our emotions and ability to cope, by:

- Wearing colour
- Drinking or eating colour
- Visualising or meditating with colour (e.g. colour breathing)
- Surrounding ourselves with colour (green garden, blue sky etc)

Colour	Promotes	Good for
RED	Energy, strength, motivation, confidence, will-power, courage, initiative, focussing on attention to detail	Depression, negativity, shyness (avoid in anger, irritability)
ORANGE	Stimulates body and mind, self-esteem, optimism, inner strength, creativity, self-expression, happiness, opens mind to new ideas and perspectives, revitalising	Depression, negativity, trauma, stress, bereavement and loss
GOLD	Enthusiasm, balancing thoughts and feelings, wisdom	Depression (especially during menopause), stress, anxiety
YELLOW	Uplifting, cleansing, self-respect, self-confidence, self-control, ability to rationalise and reason, contentment, mentally stimulating	Depression, despair, fatigue, negativity, sensitivity to criticism, lack of confidence (avoid in insomnia, hyperactivity)
GREEN	Balance, harmony, personal development, self-acceptance, compassion for self and others, renewal	Stress, anxiety, self-pity, confusion
TURQUOISE	Calm, cleansing, healing, personal relationships, sharing, friendship, resilience	Stress, anxiety, anger
BLUE	Calm, peace, relaxation, slowing down, steadying, self-expression, intuition, honesty, truth, creativity	Insomnia, stress, anxiety, over-excitement, anger
INDIGO	Wisdom, intuition, understanding, spirituality, peace, calm, inspiration	Anger, obsessions, psychoses, insomnia, anxiety (avoid in depression, loneliness)
VIOLET PURPLE	Inspiration, imagination, empathy, sense of belonging, helping others, self-respect, dignity	Stress, anxiety, obsessions, lack of confidence, low self-esteem, severe depression
MAGENTA	Letting go of the past or anxiety-provoking thoughts, moving on, spiritual understanding	Reduces aggression
PINK	Calm, clarity of thought, affection, compassion, nurturing, kindness, resolving	Difficult relationships, insomnia, anger, aggression, over-sensitivity

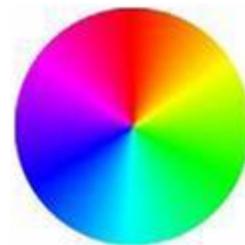
Black contains no colour, and white contains all colours.

Brown contains red, blue and yellow.

(table adapted from Colour Your Life [www.come-alive.co.uk](http://www.come-alive.co.uk))

## Colour Breathing

From the table on the previous page, choose the colour relating what you feel you need.



- Make yourself comfortable whether sitting or lying.
- Close your eyes, and bring your attention to your breathing.
- Anytime that other thoughts, images, sounds or sensations come to mind, just notice them, and then gently bring your attention back to your breathing, and your colour.
- Perhaps imagine that you have a balloon in your belly, and notice how the balloon inflates as you breathe in, and deflates as you breathe out. Notice the sensations in your abdomen as your belly rises as the balloon inflates on the inbreath, and falls as the balloon deflates on the outbreath.



- Now visualise your colour, perhaps in the form of light, or mist. If it's difficult to visualise that colour, just imagine, in your mind's eye, something that is that colour – for instance green grass, or blue sea or sky, orange sunset, pink dawn. See it in front of you, over you, surrounding you, enveloping you. As you slowly breathe, become aware of breathing in your colour, into your nose, your throat, your chest and abdomen. Imagine now that colour spreading out within you, into every part of your body, and notice the effects that it has.

- Notice the sensations in your body, as this coloured light or mist, flows into and spreads throughout your body and mind.
  - Notice how the colour is affecting your body, and your mind, as you allow it to gently flow and infuse your body and mind.
  - Continue to notice the colour and the sensations that it brings.
  - Anytime that your attention wanders, simply notice that it's wandered, then gently bring your focus back to your colour.
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- Whenever you're ready, start to bring your attention back to the here and now, where you are. Open your eyes and look around, noticing what you see and what you hear. Take a couple of breaths and notice the pleasing sensations that accompany this relaxing coloured breathing.

