

COLORS / COLOURS



The psychological effects of color have been of interest to people for a long time. The ancient Egyptians, Chinese, and Indians all used color as part of healing therapies. The psychology of color is still of interest in modern times. Interior decorators, graphic designers, and web designers all incorporate an understanding of the relationship between color and mood into their work.

In selection color for an interior space, the designer considers what type of mood is compatible with the activities that will be carried out in that space. At least one study has found that office workers are able to concentrate better in rooms that are painted with cool blues or dark greens. Yellow might be considered suitable for a sales office because it contributes to a positive mood. Health care centers, on the other hand, are often painted with neutral colors, as these convey a sense of cleanliness and help the healthcare workers stay clear and focused. Restaurants are often painted orange or bright red as it is believed that these colors stimulate the appetite.

There is some research indicating that color may have an effect on the body as well. Some scientists believe that blue slows the heart rate and reduces blood pressure. Red, on the other hand, is believed to increase blood pressure.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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