

RESILIENCE RX TIP 4

CHROMOTHERAPY

Colors are all around us, and they aren't meaningless. They play a role in how we feel, and can influence our emotions and how we react.

Chromotherapy is an ancient practice, yet researchers are just now beginning to understand how it works as a healing modality as they study how colors affect our brain and emotions.

WHY IT MATTERS

What we know about chromotherapy is that colors calm the amygdala, the fear center of the brain. It also takes us outside the thinking part of our brain. Certain colors can invigorate a depressed mood or soothe an agitated mind, lower blood pressure, and relax breathing.

BENEFITS OF ADULT COLORING

Most of us loved coloring as a child. Its popularity as an activity for grownups has exploded, and for good reason. The repetitive hand motions used in coloring induces a meditative state. Focusing on the simple act of coloring gives our brain a respite from pain. It unplugs it from negativity and plugs it into positivity by focusing on the present rather than our worries.

The beauty of coloring is that it can be done by anyone regardless of creative talent, and you can take it with you wherever you go. Pick colors that reflect your current mood to help safely externalize your feelings.

MORE WAYS TO USE COLOR TO TRIGGER POSITIVE HORMONES:

- Paint a color-by-number picture
- Color your bath water
- Plug in a colored nightlight
- Hang a colored glass prism
- Paint the walls of your bedroom or office
- Add colorful home décor
- Use colored bulbs in your lamps
- Enjoy a colorwash YouTube video
- Download a color therapy app
- Enjoy a chromotherapy sauna

HELPFUL TIP

When you need to relax, grab a coloring book or color the following pages. Use crayons, colored pencils, gel pens or felt pens to color each picture using whatever colors match your emotions in that moment.

