

The Psychiatric and Holistic Meaning of Colours

Red

Red is a powerful colour that has been associated with vitality and ambition. It can help overcome negative thoughts. However, it is also associated with anger; if we have too much red in our system, or around us, we may feel irritable, and impatient, and uncomfortable.

Pink

Is emotionally soothing and calming, and gives the feeling of gentle warmth and nurturing. It lessens feelings of irritation and aggression, surrounding us with the a sense of love and protection. It also alleviates loneliness, despondency, over sensitivity. While red relates more to sexuality, pink is associated with unselfish love.

Orange

Orange is a joyous colour. It frees and releases emotion and alleviates feelings of self-pity, lack of self worth, and unwillingness to forgive. Stimulates the mind, renewing interest in life; it is a wonderful antidepressant and lifts the spirits. Apricot/ Peach is good for nervous exhaustion.

Yellow

Yellow is also a happy, bright, and uplifting colour, a celebration of sunny days. It associated with the intellectual side of the mind, and the expression of thoughts. It therefore aids the powers of discernment and discrimination, memory and clear thinking, decision-making and good judgement. It also helps good organization, assimilation of new ideas, and the ability to see different points of view. It builds self-confidence and encourages an optimistic attitude. Conversely, dull yellow can be the colour of fear.

Green

Green has a strong affinity with nature helping us connect with empathy to others and the natural world. We instinctively seek it out when under stress or experiencing emotional trauma. It creates a feeling of comfort, laziness and relaxation, calmness, and space, lessening stress, balancing and soothing the emotions. Dark green represents the onset of death and is nondescript, unassertive, a negation of life and joy. Lime and olive green can have a detrimental effect on both physical and emotional health sense sickly yellow and green are associated with the emotions of envy, resentment, and possessiveness.

Turquoise

We associate blue green with the refreshing and cool ocean. It is therefore invigorating, cooling and calming. Like green turquoise is good for mental strain and tiredness or feeling washed out. It is an elevating colour that encourages us to make a sparkling fresh start. Turquoise is also helpful for feelings of loneliness, sense it heightens communication, sensitivity, and creativity.

Blue

Blue is a cool, calming colour and is associated with a higher part of the mind than yellow. It represents the night, so it make us feel calm and relaxed as if we were being soothed by the deep blue of the night sky. Light and soft blue, make us feel quiet and protected from all the bustle and activity of the day, and alleviate insomnia. Blue inspires mental control, clarity, and creativity. Midnight blue has a strong sedative effect on the mind, allowing us to connect to our intuitive and feminine side. Too much dark blue can be depressing, however.

Indigo, Violet, and Purple

