

FYI

Colour me you

SOMETHING as simple as colours can have the most profound impacts on the moods and emotions we experience. They can affect you, your home or the place you work in. As colour psychology suggests, red walls may be the reason for your ire and fiery temper while the calm blue may just be the reason you are relaxed and in a gentle mood.

Colours, like air, surround us and yet we often tend to overlook and underestimate their importance. For that reason it is extremely important to be careful while picking the colours you want to paint your life and its surroundings in. So here's a look at the personalities and emotions associated with some colours to give you a head start.

Red, despite its association with anger, is also a colour which will make you feel grand and cosy. It is the hue of luxury and can raise the level of energy, summon confidence and inhibit fears. But still a definite no for those prone to a pendulum like mood which is always unsure of which way to go.

Blue on the other hand has the pick-me-up effect on your mood when you feel blue. The calming end of the spectrum, it soothes the nerves, lowers blood pressure

making you a light and free feather in the blue sky. That doesn't suit you – then go for electric blues full of energy and vibrancy.

For the love of nature, green is the



colour to cool you down and keep you grounded. Surround yourself with the symbol of fertility, success and harmony – the perfect balance of cool and warm. Refreshing and recharging, the choices are endless from the natural greens and the colours of forest and lime.

On the other hand, if you cannot get enough of the sun, and the carefree, happy go lucky self that you are bursts into songs like 'Raindrops keep falling on my head' at a moment's notice, yellow might just be the hue for you. Raise the spirits, spread the cheer and stimulate the senses.

A little shift in the spectrum and you are left with orange – the colour of energy and determined pace. This balance between the rage of red and cheer of yellow, orange will add fun, flamboyance, warmth and energy to your life. Be warned – the chances are, you will either be madly in love with orange or despise it with gusto.

And lastly for the artistic souls out there

who se emotions can barely be contained at the sight of the purple nights of Van Gogh paintings. It is delicate, yet sophisticated like the artist himself. Fostering creativity and concentration, purple when paired with grey makes great combinations. For enhanced passions, deep purples do the trick while for romance, a lighter shade is recommended.

But the colours of the exterior of the house reflect as much of your personality as do the interiors. So be it the endless terrains or the limits of the sky; the depths of genius or the serenity of mountains – or maybe just a warm, cosy place to return to nest, choose the colour wisely to complete the emotions that you feel at this place of you call your own.

– LS Desk

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