**Inam Sarah Pangin, 2017**

**“7 relaxing colors and how they affect your mood”**

Pangin, IS. (2017) *“7 relaxing colors and how they affect your mood!”* [ONLINE] Available at: https://timesofindia.indiatimes.com/life-style/health-fitness/de-stress/7-relaxing-colors-and-how-they-affect-your-mood/articleshow/46946305.cms [Accessed 11 January 2019].

* BLUE – Helps calm your mind, slow down your heart rate, lowers you blood pressure and reduces anxiety. It’s best advised to choose a soft, neutral shade for a calming effect.
* GREEN – Symbolises nature, attracts harmonious feelings that can diffuse anxiety, helps us stay calm and refreshed. Beige greens and yellow-greens are the most stress reducing.
* PINK - Promotes tranquillity and peace.
* WHITE – Symbolizes clarity and freshness. Clean and bright whites can give clarity to your thoughts.
* VIOLET – Signifies strength peace and wisdom. Said to be good for bone growth, maintaining the potassium and sodium balance of the body. Meditation can be ten times greater under violet light
* GREY – Soothing and cooling, especially when put with blues and whites
* YELLOW – Lively and energetic

**Peter Dockrill, 2016**

**“Just looking at photos of nature could be enough…”**

Dockrill, P. (2016) *“Just Looking at Photos of Nature Could Be Enough to Lower Your Work Stress Levels.”* [ONLINE] Available at: https://www.sciencealert.com/just-looking-at-photos-of-nature-could-be-enough-to-lower-your-work-stress-levels [Accessed 11 January 2019].

* "Viewing **green scenes** may thus be particularly effective in supporting relaxation and recovery after experiencing a stressful period," the authors write, "and thereby could serve as an opportunity for micro-restorative experiences and a promising tool in preventing chronic stress and stress-related diseases."
* **''Short durations of viewing green pictures may help people to recover from stress,''** lead researcher Magdalena van den Berg told Gretchen Reynolds at The New York Times. "Finding an effect with regard to such weak, even boring visual stimuli – no spectacular green views, no sound, no smells et cetera – is surprising.''

**Coach.nine.com.au, 2019**

**“Eight images scientifically proven to relax your brain”**

coach.nine.com.au. (2019) *“Eight images scientifically proven to relax your brain”* [ONLINE] Available at: https://coach.nine.com.au/2017/02/17/12/51/eight-images-scientifically-proven-to-relax-your-brain [Accessed 11 January 2019].

* Patterns in nature – “Natural fractals” aloe vera plant, pine cones, shells, snowflakes. The symmetry and cohesion soothes the part of our brain that’s constantly trying to make order from chaos.
* Patterns in architecture – Fractal patterns can help speed up your recovery from stress by up to 60 percent.
* Green landscapes – Time in green landscapes is incredibly soothing for your brain.
* Seascapes – Natural rhythm of the ocean produces a calming effect on your brain. Seascape paintings remind you to slow down and appreciate what’s around you.
* Cute images – Cute pictures of animals helped people focus, largely because it taps into our innate parenting sense that we must focus on the new born to help it survive.
* Curved lines – Whenever participants looked at curved shapes, their brains spiked with activity.
* The colour blue – Blue hues reduces anxiety in students tasked with challenging assignments. Frequently associated with being calm, mindful, and slowing down in general.
* Fine art – Our brains are drawn to soft, voluptuous shapes and colours. People begin to feel pleasure, reduced decision-making ability and an increase in dopamine.

**Amanda MacMillan, 2017**

**“Why nature sounds are relaxing”**

MacMillan, A. (2017) *“Why Nature Sounds Help You Relax, According to Science.”* [ONLINE] Available at: https://www.health.com/stress/why-nature-sounds-are-relaxing [Accessed 11 January 2019].

* According to a new study, they physically alter the connections in our brains, **reducing our body’s natural fight-or-flight instinct.**
* Specifically, listening to artificial sounds was associated with patterns of inward-focused attention, while **nature sounds prompted more external-focused attention.**
* Overall, nature sounds were associated with a decrease in the body’s sympathetic response (which causes that “fight-or-flight” feeling) and an increase in parasympathetic response—the one that **helps the body relax and function in normal circumstances** and is sometimes referred to as the “rest-digest” response.
* People who started the study with the highest sympathetic responses (suggesting high levels of stress) registered the **biggest relaxation benefits from the nature clips.**
* “I think this supports the **importance of finding an environment or sound machine that is right for the individual**,” says Gould van Praag. **“Rainforest noises might only have a strong relaxing effect if you are already very familiar with rainforests!”**
* Finding that ideal background soundscape could potentially help to promote better rest, as well. “…anything which can reduce the fight-or-flight response may be **beneficial to improved quality of sleep.”**

**Caitlin Reynolds, 2019**

**“Sleep sounds for a better night’s rest”**

Reynolds, C (2019) *“8 Sleep Sounds That’ll Guarantee a Better Night’s Rest.”* [ONLINE] Available at: https://www.rd.com/health/wellness/sleep-sounds-for-better-nights-rest/ [Accessed 11 January 2019].

* White noise – Masks other noises. Provides an even, steady stream of sound
* Ocean waves – Rhythmic crashing of water onto sand and rock can be meditative
* Other water sounds – Patter of rain, running stream.
* Nature sounds – leads to more outward-focused attention in the brain. Easy way to connect with nature if you’re living in an environment with a lot of artificial noise.
* Relaxing music – lowers blood pressure and heart rate, soothes anxiety and quiets a racing mind. The National Sleep Foundation recommends choosing songs with slow rhythms, between 60 to 80 bpm.
* Pink noise – creates a balance of high and low frequency sounds that mimic many sounds found in nature.
* Soothing voices – tone and cadence of voices are relaxing.
* Sounds that relax YOU – Everyone is different, so finding a sound that is relaxing to you is important. One sounds may be relaxing to one person, but may not be for you.