Colors

Colors sometimes change people’s moods depending on what color they are. I think it is how a person perceives it and the feeling a color gives one varies from person to person. In this paper I will go over a couple main colors and how they make me feel and also some physiological effects these colors are suppose to give. These colors are Red, Orange, Yellow, Green, Brown, Black, White, and Gray.

Whenever I look at the color red it reminds me of anger. On the other hand red reminds me of Valentine ’s Day and the red heart shaped box of chocolates. So I guess you could say it puts me in a loving mood. Red has been shown to increase blood pressure and stimulate adrenal glands. Which increases our strength and stamina but on the other hand the color pink is suppose to relax your muscles.

I don’t really get any feeling when I look at the color orange. It really only reminds of the orange fruit and the taste of it. I guess orange has more of a positive effect on me, making me feel good about myself. The color orange has a positive effect on your emotional state. Orange is supposed to help with feelings of self-pity, lack of self-worth and unwillingness to forgive.

Yellow gives me a feeling of being happy. Whenever I look at the color yellow it makes me want to do good things. Yellow also reminds me of fruit which is a banana. The color yellow is supposed to make one happy and uplifting. It is suppose to help with memory, clear thinking, decision-making and good judgment.

Blue gives me the feeling of nature; in the thought of cold weather. It reminds me of a beautiful blue sky. A light blue gives me a peaceful feeling or relaxation. Blue is said to lower blood pressure. It is also said to have a cooling soothing effect. A deep blue has been proven to help the skeletal structure in keeping bone marrow healthy.

Brown makes me feel organic and part of nature