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

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

<https://timesofindia.indiatimes.com/life-style/health-fitness/de-stress/7-relaxing-colors-and-how-they-affect-your-mood/articleshow/46946305.cms>

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

"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.''

<https://www.sciencealert.com/just-looking-at-photos-of-nature-could-be-enough-to-lower-your-work-stress-levels>

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

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.

<https://coach.nine.com.au/2017/02/17/12/51/eight-images-scientifically-proven-to-relax-your-brain>

**“Why nature sounds are relaxing”**

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.”

<https://www.health.com/stress/why-nature-sounds-are-relaxing>

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

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.

<https://www.rd.com/health/wellness/sleep-sounds-for-better-nights-rest/>