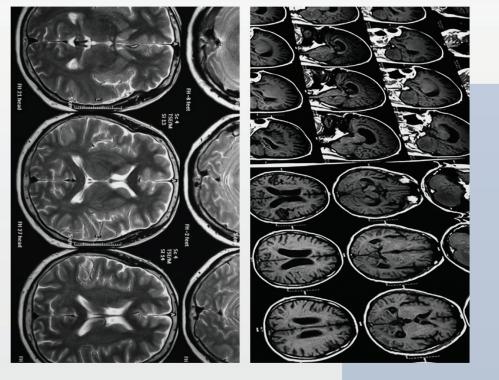


Decorating for Psychological Comfort

By: Shroba Sreenivasan, Ph.D., & Linda E. Weinberger, Ph.D.

deeply embedded in our a restorative space—some-Colors for example may reflect the following: through the generations. Jung suggested that cerworld. Psychoanalyst Carl collective memories formed tain images are primeval from the stressors of the where you can rejuvenate Your home should be



ty as in the sky, and so on. may be spiritual and associated with calm and tranquiliby it as a symbol of the shadow, a figure of chaos, or death. Green may evoke black due to an intrigue with shoots after winter. Blue the unknown, or repelled renewal as in the first green Some spaces that We may be drawn to

stress-related physical probincrease stress and lead to are crowded and noisy can

trol our sleep -wake cycle) and lead to delirium or cognitive confusion. Some shapes make change circadian rhythms (which are patterns that con-Lack of light, particularly in the elderly, can