



# ARCHITECTURE THAT HEALS

Decorating for Psychological Comfort

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

We may be drawn to

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

Some spaces that are crowded and noisy can increase stress and lead to stress-related

physical problems.

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

Some shapes make us feel penned in. For example, square rooms seem to feel less crowded than rectangular ones; windowless rooms can create