Citations

- 1. "Calmness", Wikipedia, the Free Encyclopedia. https://en.wikipedia.org/wiki/Calmness
- 2. "6 Surprising Statistics about Stress around the World", Medium. https://medium.com/@busy_lifestyle/6-surprising-statistics-about-stress-around-the-world-f60d5831c404
- 3. Bar, Moshe & Neta, Maital. (2006). "Humans prefer curved visual objects". Psychological science. 17. 645-8. 10.1111/j.1467-9280.2006.01759.x. https://www.researchgate.net/publication/6873629_Humans_prefer_curved_visual_objects
- 4. "Color Sense", American School & University. August 1, 2009. https://www.asumag.com/facility-planning/color-sense
- 5. Mandalas may boost benefits of meditation", Times Union. December 29, 2012. https://www.timesunion.com/living/article/Mandalas-may-boost-benefits-of-meditation-4152298.php
- 6. "Blue lighting accelerates post-stress relaxation: Results of a preliminary study", PubMed Central. October 19, 2017.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5648169/

Bibliography

"6 Surprising Statistics about Stress around the World", Medium.

https://medium.com/@busy_lifestyle/6-surprising-statistics-about-stress-around-theworld-f60d5831c404

"7 relaxing colors and how they affect your mood!", Times of India. July 6, 2017.

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

"7 Stress Reducing Colors That Will Keep You Calm", True Stress Management. June 5, 2017.

https://truestressmanagement.com/stress-reducing-colors/

"26 Beautiful Website Color Schemes [With CSS Hex Codes]," Hook Agency. September 18, 2018.

https://hookagency.com/website-color-schemes/

"A quote by Dalai Lama XIV", Goodreads.

https://www.goodreads.com/quotes/758989-the-greater-the-level-of-calmness-of-our-mind-the

Annie De'Veer. Interview by Tomie Castillo, November 18, 2018

"Art Therapy", Psychology Today.

https://www.psychologytoday.com/us/therapy-types/art-therapy

Birren, Faber. Color and Human Response. Van Nostrand Reinhold Co., 1978.

"Blue lighting accelerates post-stress relaxation: Results of a preliminary study", PubMed Central. October 19, 2017.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5648169/

"Calm Mind is Key to Happiness", The 14th Dalai Lama. November 9, 2010. https://www.dalailama.com/news/2010/calm-mind-is-key-to-happiness

"Calming Colours: how to decorate for easy living" Ideal Home. November 7, 2016.

https://www.idealhome.co.uk/all-rooms-ideas/calming-colours-how-to-decorate-for-easy-living-13003

"Calming Sensory Room Wall Colors", Hunker.

https://www.hunker.com/13411263/calming-sensory-room-wall-colors

"Calming the Mind through Mandala Therapy", Healtheminds. August 3, 2016. https://www.healtheminds.com/articles/calming-mind-mandala-therapy/

"Calmness", Wikipedia, the Free Encyclopedia.

https://en.wikipedia.org/wiki/Calmness

"Chill Out Room", Hire Space.

https://hirespace.com/Spaces/London/131454/London-Bartender-School/Chill-Out-Room/Business

Clair, Kassia St. The Secret Lives of Color. Penguin Books, 2017.

"Color & Cognitive Learning Challenges", Sherwin-Williams.

https://www.sherwin-williams.com/architects-specifiers-designers/education/project-profiles/sw-art-stir-colors-matter

"Color Sense", American School & University. August 1, 2009.

https://www.asumag.com/facility-planning/color-sense

"Color Psychology (the "Colour Affects" system)", Micco.

http://micco.se/wp-content/uploads/2010/05/Micco-Groenholm-on-Color-Affects-System.pdf

"Color Psychology: The Emotional Effects of Colors", Art Therapy Blog.

http://www.arttherapyblog.com/online/color-psychology-psychologica-effects-of-colors/#.W-jlhi2ZPOR

"Color Think Tank - the psychology of color", Pantone.

https://www.pantone.com/color-psychology-how-does-color-affect-us

"Colors may affect performance, study suggests", The New York Times. February 6, 2009.

https://www.nytimes.com/2009/02/06/health/06iht-color.1.19983382.html

"Colour for Health", GetSelfHelp.Co.UK.

https://www.getselfhelp.co.uk/docs/ColourBreathing.pdf

"Do Our Brains Find Certain Shapes More Attractive Than Others?", Smithsonian. November 14, 2013.

https://www.smithsonianmag.com/science-nature/do-our-brains-find-certain-shapes-more-attractive-than-others-180947692/

"Drawing a Picture of Health: An Art Therapy Guide", Psychology Today.

https://www.psychologytoday.com/us/blog/arts-and-health/201703/drawing-picture-health-art-therapy-guide

Eiseman, Leatrice, and Robert Hickey. *Colors for Your Every Mood: Discover Your True Decorating Colors*. Capital Books, 2000.

"Emotional Response of Different Shapes", Archinomy.

http://www.archinomy.com/case-studies/255/emotional-response-of-different-shapes

"Employees Reveal How Stress Affects Their Jobs", Business News Daily. March 28, 2012.

https://www.businessnewsdaily.com/2267-workplace-stress-health-epidemic-perventable-employee-assistance-programs.html

"From yoga to working in a rooftop garden: Employee well-being is a top priority at this New York agency", CNBC. April 11, 2018.

https://www.cnbc.com/2018/04/11/office-envy-a-look-inside-bmf-media-new-york-offices.html

Gengli, Lin. Visual Harmony: Proportion in Graphic Design. Gingko Press, 2015.

"Healthcare: Villa Colombo by Ambience Design Group", Retail Design Blog.

https://retaildesignblog.net/2015/01/27/healthcare-villa-colombo-by-ambience-design-group-toronto-canada/

"How does a calm space affect you?", Ambience Design Group. April 14, 2016.

https://ambience.ca/how-does-a-calm-space-affect-you/

"How Does the Color Blue Make You Feel?", Very Well Mind. July 9, 2017.

 $\underline{https://www.verywellmind.com/the-color-psychology-of-blue-2795815}$

"How to create a relaxing space in your home", Ambience Design Group. January 28, 2016.

https://ambience.ca/how-to-create-a-relaxing-space-in-your-home/

"How tranquil spaces can help people feel calm and relaxed in cities", The Conversation. August 18, 2017.

https://theconversation.com/how-tranquil-spaces-can-help-people-feel-calm-and-relaxed-in-cities-82358

Janet Overman. interview by Tomie Castillo, September 18, 2018

Jillian Chmiel. interview by Tomie Castillo, October 19, 2018

Joan Ungar. interview by Tomie Castillo, October 3, 2018

"Knock Design into Shape. Psychology of Shapes", Tubik Studio

https://tubikstudio.com/knock-design-into-shape-psychology-of-shapes/

Kurt, Sevinc & Kingsley Osueke, Kelechi. (2014). The Effects of Color on the Moods of College Students. SAGE Open. 4. 10.1177/2158244014525423.

Larson, Christine & Aronoff, Joel & Steuer, Elizabeth. (2011). Simple geometric shapes are implicitly associated with affective value. Motivation and Emotion. 36. 10.1007/s11031-011-9249-2.

Lucia Yess. Interview by Tomie Castillo, November 19, 2018

Magical Geometry: Patterns in Graphic Design. Sendpoints Publishing Co., Ltd., 2016.

Mandalas may boost benefits of meditation", Times Union. December 29, 2012.

https://www.timesunion.com/living/article/Mandalas-may-boost-benefits-of-meditation-4152298.php

"Missouri school districts eschew suspensions, turn to calming disciplinary techniques", St. Louis Public Radio. July 7, 2017.

http://news.stlpublicradio.org/post/missouri-school-districts-eschew-suspensions-turn-calming-disciplinary-techniques#stream/0

Neil Peterson. interview by Tomie Castillo, October 17, 2018

"Optimal Color Design of Psychological Counseling Room by Design of Experiments and Response Surface Methodology", PubMed Central. March 4, 2014.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3942464/

"Psychological Properties Of Colours", Colour Affects. http://www.colour-affects.co.uk/psychological-properties-of-colours

"Psychotextiles could be next big thing in fabrics", The Conversation. September 13, 2016.

https://theconversation.com/psychotextiles-could-be-next-big-thing-in-fabrics-65127

Schauss, Alexander. (1985). Tranquilizing Effect of Color Reduces Aggressive Behavior and Potential Violence. International Journal of Biosocial and Medical Research.

"Self-Regulating Emotions with a Chill Out Corner in the Classroom", Teach Starter Blog. August 7, 2017.

https://www.teachstarter.com/blog/self-regulating-emotions-chill-corner-classroom/

Stefanie Posavec, email message, September 26, 2018

Ta'Mica Tody. Interview by Tomie Castillo, October 26, 2018

Ta'Mica Tody. Interview by Tomie Castillo, November 16, 2018

"The Benefits of Color Therapy for People with Special Needs", Munsell Color System. https://munsell.com/color-blog/color-therapy-special-needs-margie-taylor/

"The Best Color for Your Classroom", Global Educator Institute. October 11, 2015. http://geiendorsed.com/blog/learning-environment/the-best-color-for-your-classroom/

"The Dalai Lama on Calmness of Mind", Mindcoolness. August 22, 2017. https://www.mindcoolness.com/blog/dalai-lama-calmness-mind/

"The eLearning Color Guide: Evoking The RIGHT Emotion", eLearning Industry. June 12, 2016.

https://elearningindustry.com/the-elearning-color-guide-evoking-the-right-emotion

"The Importance of Color in the Workplace", Work Design. April 13, 2017. https://workdesign.com/2017/04/importance-color-workplace/

"The meaning and symbolism of shapes in design", White River Design. October 21, 2014.

http://www.whiteriverdesign.com/meaning-shapes-design/

"The Meaning of Shapes and How to Use Them Creatively in Your Designs", Visual Learning Center.

https://blog.visme.co/geometric-meanings/

"The New Anatomy of Colour", David Briggs Webinar.

https://munsell.com/color-blog/new-anatomy-of-colour-david-briggs-webinar/

"The Perception of Color in Architecture", Medium.

https://medium.com/studiotmd/the-perception-of-color-in-architecture-cf360676776c

Tomie Martel. Interview by Tomie Castillo, October 7, 2018

Tomie Martel. Interview by Tomie Castillo, November 16, 2018

"Understanding Color Psychology for Impactful Web Design", Designmodo. June 12, 2015.

https://designmodo.com/color-psychology-web-design/

Wang, Shaoqiang. Infographics: Designing and Visualizing Data. Promopress, 2017.

"Why Our Brains Love Curvy Architecture", Fast Company. October 17, 2013. https://www.fastcompany.com/3020075/why-our-brains-love-curvy-architecture