

Effect of color on a psyche of a man.

Do my Math

Already no one to surprise the fact that the colors are able to influence our mood, worldview, and even on the character of a person. Science has proven the dependence of the choice of color from the mental state. Light and color have a strong influence on the formation of the psychophysiological status of the human body. This impact is primarily mediated by the activities of the highest nervous system, its sympathetic and parasympathetic departments. There is a close relationship between the color perception and brain departments, which transmit a signal to the body that encourages the activation of the nervous system, or to braking, relaxing, inaction. For example, the effects of red can lead to a whole chain of the organism reactions: expanding pupils, increasing heart rate, enhancing blood flow to the brain and to muscles, respiratory increase, increase glucose concentration. Therefore, you should not underestimate the effect of colors per person. Color can stimulate the occurrence of certain reactions, which in turn can affect decision-making. Consider the influence of each color on the human psyche separately.

Red and scarlet color.

Saturated shades of red or scarlet colors make it possible to feel the tide of energy and cheerfulness. This is the color of making decisions that encourage the right choice, sober, conscious look at the situation, the color of high pressure, physical education and military. Male color. However, excessive use of red can lead to reverse reaction: to irritation, aggression and negative perception of information and as a result of the body's depletion. The red color is well combined with the verbs of the wake-up action or with the call of the maximum concentration of attention. For example: win! Press the button! Do! Run! Attention! Dangerous! Caution! Read here, etc. The most productive red perception is the morning and the first half of the day, when you need to cheer up, filled with determination and ambitions.

Orange color.

Orange color is a mixture of red and yellow, where red still does not lose its activity, but not so aggressive. This is the color of career growth, business activity, positive and optimism. Orange color stimulates the brain work, the concentration of influence, strengthening the force of will, increase creativity. This is the color of the successful negotiation, productive dialogue, contributes to the location of the interlocutor to you. In the human body, the positive effect of orange color is experiencing an endocrine, respiratory and digestive system. Color affects all hormones. In the orange bioenergy is the "main instinct" to which the person goes after the "self-preservation" of the Red. Orange color is ideal for activating meditations, positive attitude on the day, active activities and motivation. As well as good as background color. Well combines with affirmations aimed at improving psycho-emotional background, stimulating on positive changes. Androgen color. I like

In life every moment. I notice everywhere happiness and love. I enjoy myself and communicating with the world!

Yellow.

Yellow - on the right wears the name of the intellectual color. Brain, intelligence, wisdom, maturity, energy, self-sufficiency, fertility and wealth. It has a positive effect on memory, creative activity and mental activity. Yellow color is the richest on a variety of associations associated with it, depending on its shade. Yellow color is often associated with the sun and gold, sand and morning. The shade of yellow honey wears a completely different emotional color. Honey shade is associated with autumn, rust, maturity age. It must be borne in mind that the yellow (lemon) color has a more favorable effect on people with leading left hand: it is a ruling color aimed at activating brain activity, stimulation of creativity and development of talents. Its influence on the bone system of the body, according to the principle: Sun - Vitamin D - strengthening joints. Yellow - morning color, wake-up color can be used as a call for temporary parameters. It's time! The time has come! The moment of action came! Time! It is recommended to avoid yellow in children, it is too adult and dominates them, causing anxiety and insomnia. It is practically not used as an independent color, yellow flourishes in combination with other colors.

Green color.

Green color - retaining color, background color. Color of harmony and tranquility, result and accumulation, tranquility and meditation. The color of the preservation of already existing achievements, praise and approval. The effect of green on a man allows to get rid of bad thoughts and negative emotions. And this is already improving the work of the cardiovascular system. After all, it is the poor arrangement of the spirit and nerves contribute to the emergence of heart disease and vessels. Warm shades of green color help relieve anxiety and fears, doubt and not confidence in tomorrow. Evening, female, altruistic color! It is successful to use the green color as the result of the completed stage, for example, in affirmations - praise. I achieved success, I'm well done! I am the most charming and attractive! However, the abundance of green and its shades can lead to the opposite result and cause the decline of forces, melancholy and "greenery".

Blue colour

The effect of blue depends on its shade and saturation. In general, the blue color soothes, baring, controls, helps to cope with its emotions. Conservative color. It has a positive effect on high pressure, hyperactivity, irritability. Responsible for mental activity, intelligence and logic. Saturated blue is calm, peacefulness and serenity. Dark blue is considered more disturbing and depressive color. He can cause anxiety. However, the excessive psychological effect of color can distort the real representation, immerse a person in the world of illusions. Therefore, in hypnosis, a rich dark color is often used. It can be both a background and part of other colors. Ideal a combination with yellow and orange flowers. The brightest shade of blue - blue color soothes, introduces into trance, ideal for meditations, like turquoise color. Blue color is well perceived in affirmative, convincing, inspiring phrases. You are calm! Your consciousness is clear and clean!

Purple.

Purple color does not exist in nature, rather this is a combination of two colors opposing each other: red and blue. This explains his mystery, magic and communication with space. Violet is able to cause very strong emotions. There are almost no people indifferent to this color, but feelings he causes polar: or love or hatred, or rather, irritation. This color allows you to drive any fears, cope with melancholy. Purple is the color of the favorite. Regardless of whether this color likes or dislike, this color suppresses appetite, reduces the ability to rational thinking, but develops intuition, awakens the desire for spiritual growth, which is recommended to those who are enjoys meditation. Ideal as background color in invoking interest and attract attention.

I am part of the cosmos! I eat cosmic energy! Every day I eat less!

Black color.

The most controversial and at the same time is neutral. He absorbs, but also gives. It's mourning and celebration. Often, black becomes a symptom of depression, longing, depression, insecurity. But with this it allows us to relax, gives a positive attitude. Black color affects a person, changes it, hesitates into the unknown. It has a cumulative therapeutic effect and can be recommended as a common agent to people with weakened health. This is the color of protest, actions contrary to anything. The goal of black color is a challenge. It is not recommended to use black color in quality background. I am quitting smoking! You will defeat fears!