

www.VibrantLife.com

mind • body • spirit

vibrant life

America's Oldest Health Magazine **Since 1885**

THE **BRAIN FOG FIX**
*Common causes—and
how to conquer it*

TYPE 2 **Fun**

What it is and why you
need **more** of it

HOW
NATURE
CAN **IMPROVE**
YOUR MOOD

The Healing Power
of **Silence**

6

Wellness Practices
from around the World





HOW
THE

Colors OF Nature

IMPACT YOUR WELL-BEING

Improve Your Mood by Immersing Yourself
in Vibrant Beauty

From birds to flowers,
lakes to trees, nature
is full of colors that can
invigorate your mind
and soothe your spirit.

By Sandi Schwartz

14 | MAY/JUNE 2024 | www.VibrantLife.com

Have you ever become transfixed by a brightly colored flower or bird? One of my favorite miracles in nature is the bird of paradise flower. The colors are exquisite, and it really does look like a bird. Nature is filled with beauty, and color plays a huge role in what attracts us to it. Nature's hues can trigger a sense of awe in us.



Interestingly, different colors inspire different positive responses. Consider the benefits of these colors commonly found in nature:

COLORS THAT INCREASE

Energy & Happiness



Some colors, such as yellow, orange, and red, make us feel happier and more energetic. There are incredible combinations of colors in nature that wow us, such as monarch butterflies, parrots, and some types of fish, like the emperor angelfish and rainbow parrotfish.





COLORS
THAT
INCREASE

Serenity & Calm

Other colors in nature can help us feel calmer. In fact, the most calming colors stem from nature. Creams, tans, pale blues, and pale greens help create a quiet atmosphere.

According to color experts, blue calms the mind and body, lowering blood pressure, heart rate, and respiration. It also minimizes feelings of anxiety and aggression and creates a sense of well-being. Its soothing qualities might explain why blue is overwhelmingly chosen as a favorite color by people around the world.

The color green promotes a serene and calming environment and is associated with health, healing, and well-being. It soothes the body and mind and helps reduce anxiety. Neutral colors—tan, beige, cream, light brown, taupe, and gray—have an organic, earthy feeling that is also restful.





HOW TO ADD More Color TO YOUR LIFE



Color is all around you, but how often do you stop to enjoy it? Here are some simple ways you and your family can experience the benefits of nature's colors:

- **Identify a place in nature that you can visit regularly.** Whether it is in your backyard or at a local park, take time to sit and relax, cultivating awareness of your surroundings as you expand your senses and observe local plants, birds, animals, and other natural elements.
- **Observe the many colorful foods in your vegetable garden,** at the grocery store, or right inside your refrigerator.
- **Go on a walk or bike ride** and take time to look at and discuss the striking colors you find in nature.
- **Draw or paint a picture of a vivid nature scene.**
- **Visit a garden or flower shop** and soak in the beauty of the colorful flowers and plants. 🌸

.....
Sandi Schwartz is an award-winning author and freelance journalist.

