



How can we decrease the negative effects of the recent pandemic by art and colors?

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Abstract

Using art and colors to affect person's mood and mental or physical health is called art therapy and healing colors.

Colors, art and any type of creativity have much to offer the psychotherapy in the field of art therapy and healing colors that we need to help people for better mental health especially at this period of the global pandemic time. This article discusses the relationship of colors & art to mental health, physical health, its capacity to replace the negative energy by positive energy, how the meaning of each color affect the individual and lead him to know deeper issues and how we use thus for good health. The results steps presented may be used to use art for discharging negative energy, replacing it by positive energy and better understanding the unconscious mind by colors in order to resolve deep issues in addition to clarify the part that each color associated with in the human body and the diseases that can be treated by each color.

Keywords: Art therapy, Healing colors, color psychology.

Introduction

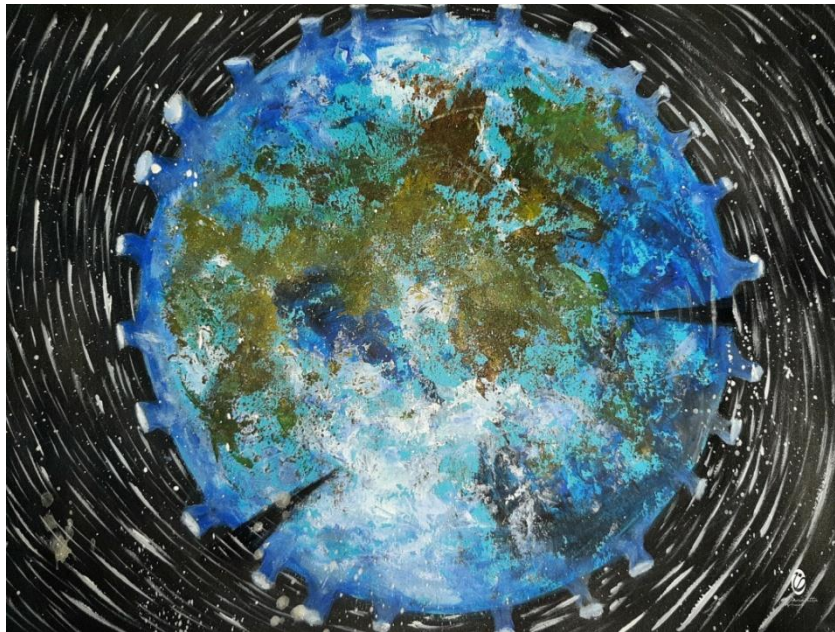
You see colors in everything around you, every moment of the day—but do you ever stop to think about the impact each of those colors is having on you?

Do you know that art and colors can affect our mood and behaviors?

I always like to search in the unknown because I have complete certainty that in this life there is nothing absurd or useless; however through my specialist in art and from my practice of drawing, I feel comfortable after completion, and the energy renewed and feelings change from sad or angry to happy, so I made sure that color and art had a relationship with this change, then I began to search more about the relationship of art to psychological and physical science and its benefits in these fields. 3 years ago, I started writing some topics related to these matters, but with time the ideas and information developed until I reached this conclusion and I liked to share it with you in simple words so that the benefit also reaches you, especially during these conditions that the world is suffering from the global pandemic covid19 or Corona virus. In fact the social distance and

- the security measures have affected the relationship among people, their perception of empathy toward others and also it has increased the stress disorder, depression, anxiety

and other symptoms of distress. How can we fix these problems, psychological disorders and enhance mental health by art and colors? This article will answer this question by explaining the meaning of art therapy, healing colors and discussing the meaning of each color in psychology to understand the messages behind that from the subconscious mind in order to resolve big issues in addition, to clarify the part that each color associated with in the human body and the diseases that can be treated by each color and the steps for using them in correct ways. There's a whole science in the meanings of colors. It's essential to be aware of these color meanings to help you choose your colors wisely and tap into the magical power of color symbolism. Colors can be a powerful tool if you know how to use them



Art and colors assume pivotal roles to reduce the negative effects. The artwork can be used as a springboard for reawakening memories and telling stories that may reveal messages and beliefs from the unconscious mind. Therefore, recent research on visual art has shown that visual art interventions have stabilizing effects on the individual's psychology by reducing distress, increasing self reflection, and self awareness and on the individual's body by normalizing heart rate, blood pressure or even cortisol levels. In addition visual art can be very valuable in treating issues, affect our mood, perception, show our feelings, affect neurological pathways in the brain and they can also create a biochemical response. Researchers called that Art Therapy.

On the other hand, do you know that people recall images in colors more easily than images in black and white therefore, color also cues improve memory and using colors is also important for healing colors, Over the centuries, many cultures across the world have employed colors for their healing powers by using healing colors, the colors that influence mood, calm the nervous system and make the environments less provoking and peace inducing. Moreover, colors can affect neurological pathways in the brain and they can create a biochemical response, Dr. Robert Gerard has pioneered

research of this, who suggests that every color has a specific wavelength, and each of these affect our body and brain in a different way.



furthermore, each color has associated with a specific part in the human body so we can use them to treat diseases and each color has a specific meaning in psychology so this way can help to reveal your thoughts and feelings and that could reach to the Unconscious mind of you which lead to better understanding of your feeling and behavior Therefore, people can move on to resolve deeper issues such as phobias, depression and Anxiety..Etc because art can help people express themselves artistically and examine the psychological and emotional undertones in their art.

Color psychology is a field of study in continuous development so many psychologist and researchers interpret the meaning of each color and they discussed how colors could affect us in many fields, After these psychological studies that determine the association of colors with the human soul, we can analyze their association also with parts of the human body; however, studies have proven that every part of the body has a specific color, so each part can be treated according to the color that matches the affected part's color Or the color that complements it.

Here some of colors' meaning and their effects on the individual's psycho and body, your feelings about color are deeply rooted and emotionally based on your own life, so when you are looking at paintings ask yourself, which color will you select? But when you see it in combination with another color maybe you will not select it and the mood will be different and Colors also change their energy based on their darkness or lightness and saturation of the color.



The meaning of Blue color in psychology,

Firstly blue is primary color, cool color or cold color and this spiritual color is also the color of the sky and sea.

According to color psychology, blue is a formal color which represents loyalty, harmony, peace, strength, fidelity, sympathy, wisdom and trust.

If you use blue in your art work that maybe represents your inner peace and tranquility blue is also promotes physical and mental relaxation.

On the other hand blue can also symbolize melancholy and resignation. Remember the "Blue Period" of art of Pablo Picasso After the sudden death of his friend, Carlos Casagemas, "I started painting in blue when I learned of Casagemas's death" as Picasso said. Picasso's personal trauma found expression in a series of deeply sentimental paintings which comprise his "Blue Period".

Blue is an important healing color as it reduces stress and appetite, creates a sense of calmness and serenity in addition to opening up communication, Extends your perspective and intuition ability and provides a feeling of coolness and peace. Blue is relaxing for the mind and body.

Diseases Blue can help lower blood pressure and reduce rapid heart rate.

The parts that Blue is associated with in the human body are the kidneys, arteries and the Urinary tract.



The meaning of **Red** color in psychology,

Firstly Red is a primary color and it is a warm color and it is the color of the fire.

According to color psychology, Red represents love, blood, suspense, closeness, joy, sex, strength, perseverance and urgency.

If you use red in your art work that maybe expresses pioneer spirit, high energy, leadership qualities, self confidence, ambition and determination.

On the negative side it represents emergency, revenge, anger, aggression in war and destruction.

Red is important healing color as focusing on the color Red will help you alleviate feelings of frustration, anger and raw passion, Increases your enthusiasm, confidence, stimulates energy, and provides a sense of security and protection against fear and anxiety.

Diseases red can treat Bradycardia (low heart rate), hypoglycemia (lack of sugar in the blood), low blood pressure, increased adrenaline and thus increased respiratory rate and bronchiectasis.

The parts that Red is associated with in the human body are the Heart, the blood and the blood vessels.



The meaning of yellow color in psychology,

Firstly yellow is a primary color, It is warm color and it is the color of the sun.

According to the color psychology Yellow represents, youth, confidence, creativity, fun, joy, sunshine and other happy feelings. It is a cheerful and energetic color.

If you use Yellow in your art work that maybe represents that you are creative, self confidence, crazy, practical thinker and eager.

On the negative side it represents Jealousy, betrayal, lies, greed, insanity, disease and caution.

Yellow is important healing color as it inspires thought, curiosity, give new thoughts and it is creative from a mental point of view. In addition Yellow helps you to easier take decisions and think clearly, it stimulates the nervous system, Sharpens memory and concentration and Encourages communication as well.

Diseases, Yellow can help clean and heal wounds, in eczema, and it is used for all cases of rheumatism and arthritis and for all spleen diseases.

The part that Yellow is associated with in the human body is the spleen.



The meaning of Green color in psychology,

Firstly Green is a secondary color, cool color or cold color and it is the color of nature.

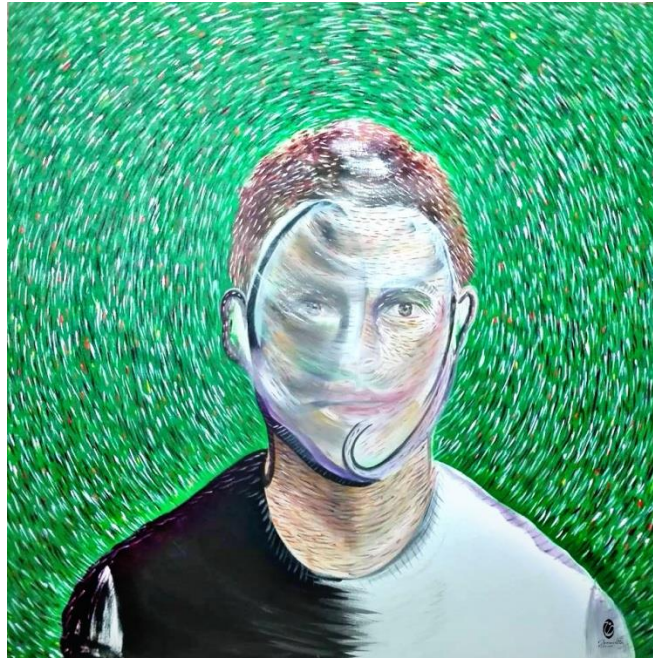
According to color psychology it is a restful color that symbolizes growth, fertility, safety, health and renewal.

If you use green in your art work that maybe represents that you love to observe, love to volunteer, helpful, good listener and counselor, loves to contribute to society and would make a good social worker.

On the negative side, the green color can be judgmental and overly cautious.

Green is important healing color as it puts heart and emotions in balance, gives us the ability to love and care for ourselves and others unconditionally, Relieves and provides both mental and physical relaxation, Helps treat depression, nervousness and anxiety and Provides a sense of renewal, freedom, self-control and harmony.

Diseases Green can help recover from vitamin deficiency, lethargy
The part that Green is associated with in the human body is the liver.



The meaning of **Orange** color in psychology,

Firstly Orange is a secondary color, a warm color and the color of the sunset.

According to color psychology Orange is associated with warmth, extravagant, happiness, health, freedom, transformation, fun. Moreover, the color orange is a combination of red and yellow so it radiates joy, and combines the physical energy of the color red, and with joy from the color yellow.

If you use Orange in your art work that maybe represents that you are Optimism, unique, joyful, spontaneous, love adventures, love food, respect others and those inspired by orange are always on the go.

On the negative side, Orange may be associated with fall and lack of confidence.

Orange is important healing color as it provides emotional strength in difficult times. It helps us get through disappointments, despair and grief. Moreover, it adds tension if you feel the time is passing slowly, Encourages activity and sociality, and stimulates the appetite.

Diseases, Orange can help recover from cancers, Immunity deficiency Virus, malnutrition and Vitamin deficiency treatment. And it helps in treating kidney and gallbladder stones, digestive processes and treating acute colic and muscle spasms.

The parts that Orange is associated with in the human body are the abdomen and the stomach.



The meaning of Pink color in psychology,

Firstly Pink or magenta is a secondary color, a warm color.

According to color psychology Pink represents caring, compassion, unconditional love, pure, feminine, generosity and pink is a sign of hope

Since the color Pink is a combination of red and white, both of them add a little to its characteristics. It gets Passion and power from the color red, softened with the purity from the color White

If you use Pink in your art work that maybe represents that you like to give and receive love, you are extremely considerate, and you are romantic, passionate, successful and positivity.

On the negative side, Overexposure to the pink color may have the opposite effect though.

Pink is important healing color as pink can relieve feelings of anger, aggression and neglect. There are studies confirming that high amounts of pink color can have a calming effect on the nerves and even create physical weakness in people

Diseases pink can treat violent, aggressive prisoners, Breast cancer.

The part that Pink is associated with in the human body is the Breast.



The meaning of Purple color in psychology,

Firstly Purple and violet are secondary colors and they are cold colors.

According to color psychology Purple and violet are connected with spirituality, royalty, nobility, mysterious, magic, power, dream and luxury. Purple combines the stability of the blue color and the energy and strength of the red.

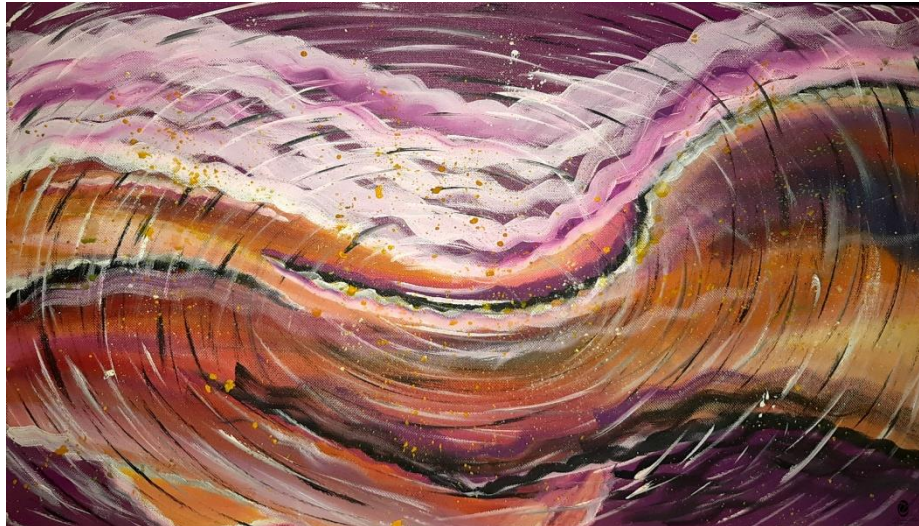
If you use Purple in your art work that maybe represents your higher consciousness insight, humility, expresses your love for prestige, leadership and philosophy and it could express that you're trying to escape from reality.

On the negative side, dark purple can cause sad feelings and frustrations.

Purple is important healing color as it allows us to get in touch with our deepest thoughts. It creates a balance between our physical and spiritual energies. It expands our horizon and connects us to a higher level of consciousness. it promotes meditation, It ensures harmony of the mind and the emotions and contributes to mental balance and stability, peace of mind, and the connection between the spiritual and physical world, and between thought and action. It raises and stimulates the mood, provides a sense of spirituality and encourages creativity and imagination.

Diseases, Purple color helps treat excess nervousness, minds stroke and all neurological and brain diseases.

The parts that Purple is associated with in the human body are the cerebral and nervous systems.



The meaning of Gray color in psychology,

Firstly Gray is a neutral color and the color of metal.

According to color psychology Gray the color gray is an unemotional color. It is detached, neutral, impartial, balance and indecisive. It is conventional, reliable, relaxing and soothing.

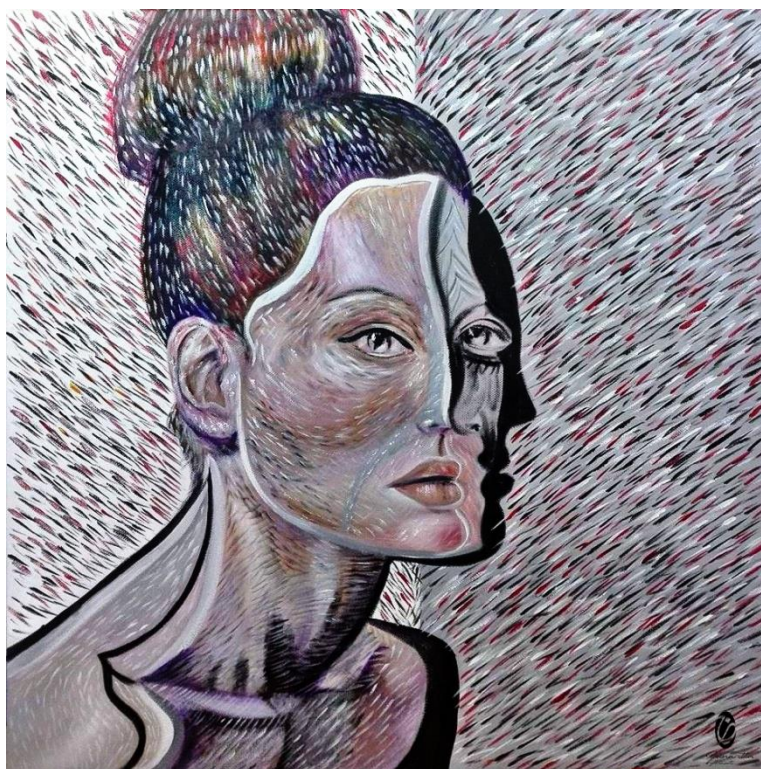
If you use Gray in your art work that maybe represents that you are very controlled, calm, elegant, formal, practical, mature and responsible.

On the negative side, Gray may be associated with strangle, boring, sadness, depression, loss and tendency to loneliness and isolation. Dark gray is serious, solemn and inflexible. It is associated with self-denial and self-discipline. By the way adding some color with it could change the gray color meaning.

Gray is important healing color as it emphasizes the will to obey, creates expectations, helps in relaxing and soothing and It can help in difficult life situations.

Diseases pneumonia, Bronchitis, Covid 19 and all diseases of the respiratory system and lung.

The part that Gray is associated with in the human body the lungs.



Steps to take the benefits of art and colors as therapy or healing:

- If you know what your problem is or what the diseases you are suffering from, select the colors that deal with it according to the meaning of colors in psychology and physiology. For example if you feel physically short of breath or psychologically uncomfortable, the appropriate color for these problems will be the Gray color so Enhance your treatment by using this color in your art work in order to nourish the parts and organs associated with this colors and solve the problems that happened from its deficiency.
- If you don't know what your problem is and you are seeking to discover it, Let your intuition guide you; if you feel drawn toward a certain color or you see that you used this color more than others, that could be a message from your unconscious mind to telling you that you have to feed your body in this color because you have problems in some parts that associated with this color so you need to work on by using this color more to balance your emotional or physical state of being.
According to the colors meaning in psychology and physiology you can recognize which parts or problems associated with blue to know your problems.
For example: using too much blue color in your art work could mean that you need calm, inner peace and etc... and dark blue could mean you are suffering from depression and sadness.

Warning: some people use colors to imitate other works they have seen, so they have used the wrong color that they don't need to and thus lead them to the opposite result.

- Make abstract paintings, just put colors on the paper and control your feelings toward each color, in this way we gain a new freedom to delve in and discover our own personal universe instead of following the requirement to make things look real, and by using colors based on your feelings, it will help you to empty these feelings and the negativity and take them out of your body into the paper therefore, you will feel positive and better after finishing it.

Conclusion

So art is not only a way to be creative and make beautiful things it's a therapy too by replacing the negative energy by the positive energy and relieve stress to improve psychological treatment. By the way it does not need to be a professional artist, no artistic talent is necessary for art therapy and anyone can do that. Your body can also absorbed or get the benefit of the color only by looking at the artwork that contains this color or hanging it around you in your sitting place.

So let's make any type of creativity and paint In order to reduce anxiety, depression symptoms, minimize the distress and treat many diseases.



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