
INTERNATIONAL GRIEF INSTITUTE

RESILIENCE RX

CHROMO- THERAPY

Self care techniques for the bereaved

The science behind why they work and how to implement them after loss



An iCare Aftercare™ resource
International Grief Institute

INTERNATIONALGRIEFINSTITUTE.COM



BENEFITS

Colors are all around us, and they aren't meaningless. They play a role in how we feel and can influence our emotions and how we react. Although chromotherapy has been around since the time of ancient Egypt, Western researchers are now adapting to the idea of chromotherapy as a healing modality and studying the scientific properties of how colored lights affect our brain and emotions.

There is not one blade of grass, there is no color in this world that is not intended to make us rejoice.

JOHN CALVIN

WHY IT WORKS

Although the science behind how chromotherapy works isn't yet clear, several ancient cultures including the Egyptians and Chinese practiced the use of colors to heal. Chromotherapy is sometimes referred to as light therapy or colorology and is still used today as a holistic or alternative treatment.

Emotional connection

Our emotional response to color has to do with saturation and brightness. Colors that are less saturated but bright are generally relaxing, and those that are more saturated and less bright, such as sapphire blues, are more energizing. Green seems to make positive emotions stronger and negative emotions weaker. People tend to like colors they associate with objects they love, and this can influence a person's mood or actions, help you have a happier view of your life and a healthier state of mind.

Helps you relax

Grab a fresh box of crayons or colored markers and a coloring book to get started. Let your emotions guide the colors you choose. The repetitive movements of your hand induces a calm meditative-type state. Not into coloring? Try an alternative such as a colored light bulb, color wash video, or chromotherapy sauna.

Help you sleep

Scientists have found that bright blue light may help reset your circadian rhythm if it gets out of whack.

Improve your memory

Colors can affect what you remember. Use green to help you remember positive words. Red makes it more likely to recall negative words.



- ✓ Calms the amygdala, the fear center of the brain
- ✓ Takes you outside the thinking part of your brain
- ✓ Certain colors can invigorate a depressed mind or soothe an agitated mind
- ✓ Lowers blood pressure
- ✓ Relaxes breathing
- ✓ The repetitive hand motions used in coloring a picture induces a meditative state

ALTERNATIVE OPTIONS

- ✓ Paint a color-by-number picture
- ✓ Color your bath water
- ✓ Plug in a colored nightlight
- ✓ Hang a colored glass prism
- ✓ Paint the walls of your bedroom or office
- ✓ Add colorful home décor
- ✓ Use colored bulbs in your lamps
- ✓ Enjoy a color wash YouTube video
- ✓ Download a color therapy app
- ✓ Enjoy a chromotherapy sauna