

ART & DECOR FOR YOUR NEUROBIOLOGY

WORKPLACE & PRODUCTIVITY GUIDE

1 The "Focus-Flow" Zone

Research suggests that Blue and Green hues (shorter wavelengths) reduce heart rate and lower stress, allowing the prefrontal cortex to focus on complex tasks without hitting "mental fatigue."

IMPLEMENTATION: THE FOCAL WALL

Paint the wall behind your monitor in your Motivation Color. This provides a "visual anchor."

Micro-Breaks

Place an art piece with fractals or repeating patterns or natural shapes like leaves or waves in your workspace. Studies show that natural shapes and fractals can reduce stress levels by up to 60% simply by looking at them.

WHY YOUR ART & DECOR MATTER

Your brain is constantly scanning your environment to determine if you are safe, alert, or tired. Through neuro-aesthetics, we know that certain color wavelengths impact the endocrine system, heart rate, and cortisol levels. This guide helps you apply your Color Protocol results to your physical world.

NEW
NEW
NEW
NEW

GOALS:

Cognitive endurance and executive function.

COLORS:

Hues of blues & greens

ART:

Abstracts, repeating patterns & nature themes

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High-saturation Reds in the direct line of sight, can trigger "Avoidance Motivation" (anxiety about making mistakes).

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ART MATTERS!

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PART 3: THE CATALYST

Identify colors that trigger dopamine, focus, and creativity...

5. When you are stuck on a problem, what "visual shake-up" helps you find a new idea?

- A) A burst of high-energy light. (Leads to: Yellow, Electric Lime)
- B) A sense of infinite, deep space. (Leads to: Midnight Navy, Indigo)
- C) A refreshing splash of nature. (Leads to: Bright Mint, Kelly Green)

6. Think of your "Flow State" (when time disappears while you work). How does that feel?

- A) High-speed racing? (Stimulating colors: Oranges, Violets)
- B) Steady, rhythmic rowing? (Structured colors: Deep Forest, Slate)
- C) Effortless floating? (Weightless colors: Sky Blue, Lavender)

PART 4: SATURATION TOLERANCE

Determine how much "data" YOUR brain can handle before getting stressed...

7. Look at a bright, neon-colored object. What is your immediate physical reaction?

- A) I feel a "buzz" of excitement. (Result: High Saturation user—needs bold colors)
- B) I feel a slight "tightness" in my eyes or chest. (Result: Low Saturation user—needs "muddy" or muted colors)

RESULTS ON NEXT PAGE*

CALCULATE YOUR RESULTS

Start with your results from Part 4, (Question, # 7) :

If you chose **A** you are part of the **VIVID family** who needs high saturation, strong and deep tones, apply this result to the rest of your results.

If you chose **B** you are part of the **MUTED family** who needs low saturated dusty, soft tones, apply this to the rest of your results.

Part One, (Questions 1 & 2), Your Anchoring Colour Pallet

Use these colours when you feel pushed by the world, it will lower your heart rate like looking at a sunset.

A= The cool and airy colours
VIVID= Sky blue, aquamarine, teal
MUTED= Misty greys and dusty steel blues

B= The warm earthy colours
VIVID= Rich terracotta or deep moss
MUTED= Sand, taupe, or sage

C= The void of neutral clean colours
VIVID= Pure white or soft cream
MUTED= Oatmeal, white or warm pebble grey

Part Two, (Questions 3 & 4), Your Signature Colour Pallet
Use these colours when you have to speak your truth. It projects depth and unshakable confidence.

A= Authoritative, power tones
Vivid= Royal blues, bold red
Muted= Navy and burgandy

B= Warm, solar tones
Vivid= Bright oranges, golden yellow
Muted= Peach, ochres and clay tone

C= Soulful jewel tones
Vivid= Electric purples and emerald green
Muted= Charcoals and forest green

Part Three, (Questions 5 & 6), Your Igniting Spark Colour Pallet. Keep an object of this colour on your desk or in your work area, it signals your brain to move into analytical-creative mode.

A= Energy racing dopamine tones
VIVID= Lemon yellow, electric lime
MUTED= Soft butter, celadon

B= Steady, focussed tones
VIVID= Cobalt and indigo
MUTED= Slate blues or graphites

C= Nature's flow tones
VIVID= Mint or bright lavender
MUTED= Eucalyptus, dusty lilac

***Notes: For each section, you may have answered a letter (A,B or C) more than once, or you may have selected two different letters, that is good either way!

There are no wrong answers or limitations.

***The main takeaway is to become aware of and which colours stimulate your brain and how so you can use those colours to intentionally inspire your life experiences.

