



# COLOR THEORY & MENTAL HEALTH:

*How color impacts mood, well-being,  
& productivity*

## COLOR THEORY & MENTAL HEALTH

### How color impacts mood, well-being, & productivity

From the clothes on your body to the walls in your office space, each color (or lack thereof) can have a significant impact on an individual's emotional response, mood, and overall mental and physical health. In our modern world, personal well-being has been an overarching focus for public-facing industries now more than ever. Designers continue to take it upon themselves to build intentional spaces that support the needs and wellness of their occupants.

The research behind this CEU dives deep into the importance of color theory in design, color and its tie to productivity in the workplace, and color theory in relation to mental health. How will color theory affect your future designs?

### FOUR LEARNING OBJECTIVES FOR THIS CEU:

1. Understand color theory and the importance of color in design
2. Examine how the colors of our environments can affect our overall health and well-being
3. Dive into the connection between color and productivity in the workplace
4. Reinforce color theory's impact on mental health & recommend ways to use color positively in design



### ACCREDITATION

Participants in the "Color Theory and Mental Health" course will receive 0.1 IDCEC Continuing Education Credits under the HSW Designation for IIDA, ASID, and IDC, as well as 1.0 AIA LU.



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