



Wellbeing in Colour

How Thoughtful Colour Choices Can Transform Both Your Mood & Your Living Space

The colours we choose for our homes can have a profound effect on our mood and overall wellbeing. From calming blues to energising yellows, the right shades can turn a simple room into a sanctuary, a creative hub, or a space for joyful gatherings. In this blog, I'll look at colour psychology and explore colour palettes from well-known brands.

How Colour Influences Mood and Wellbeing

Colour isn't just a visual experience—it's an emotional one. Scientific research confirms that colour influences mood and behaviour through physiological and psychological pathways, often linked to evolutionary responses, neural activity, and environmental context.

Whilst everyone is individual, there are general trends that evoke specific feelings and behaviours in most people:

- Calmness, clarity and focus - **Blue**
- Happiness and optimism - **Yellow**
- Balance, renewal and relaxation - **Green**
- Gentle and nurturing - **Pink**
- Sophistication and tranquillity - **Grey**

By understanding the emotional impact of colours, you can tailor your home environment to suit your lifestyle and needs, taking into account not just how you want the decoration to look, but how you will use the space and how you want to feel in it.

We are fortunate to have a wide choice of paint brands in the UK and this can sometimes be overwhelming. Here I have selected a few options to inspire you in making your own choices and picking a mood or atmosphere that enhances your home.

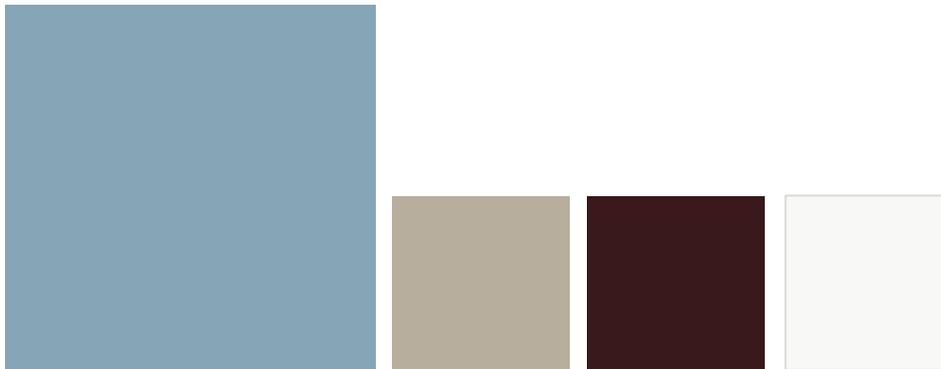
Calm Focus

Graham and Brown are well known for wallpaper, but offer a great range of modern paint in several different finishes. Many of their colours also offer wallpaper selections to help you pair colour and pattern together.

Road Trip Blue was developed to represent the sky with a setting sun – always my favourite time of day, perhaps that's why I find it calm and serene.

Pair with neutrals to give depth and add a splash of colour with this deep burgundy, or if you prefer a strong burnt orange.

Additional colours: Moor End – Divine Damson – Ava White



View it on their website [Road Trip Paint](#)

Happiness and Optimism

Dulux is probably the best known brands in the UK with fabulous selections of pairings, use examples and visualisers.

This colour, **Banana Split**, is reminiscent of my childhood treat of a bowl of banana and custard! Simple but delighting. To give it depth I have paired it with a slightly darker tone and combined with a complementing neutral pallet.

This could be accented with a mid-heather or deep red colour in fabrics, patterns or accessories.

Additional colours: Honey Mustard – Cream Tea – Caramel Sand



View it on their website [Banana Split - Yellow - Find products in this colour | Dulux](#)

Balance, Renewal and Relaxation

Look at any paint brand you will find a wide range of greens to choose from. My selection here is a Little Greene colour called **Windmill Lane**. This is part of their National Trust partnership and taken from a stairwell at Osterley Park. I have used this colour several times and in multiple finishes. It is versatile and adaptable and when used, provides a muted freshness that for me, provides that perfect balance.

Little Greene offer a wealth of tools, inspirational pictures, palette suggestions and coordinating wallpaper.

Additional colours: Slacked Lime – Slacked Lime Deep – Brassica (F&B)



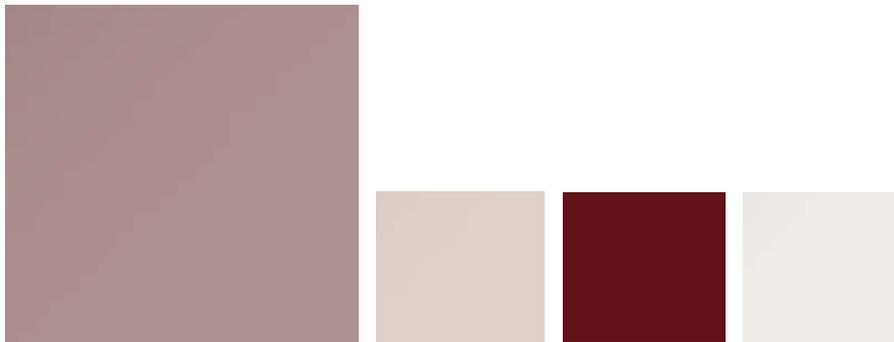
View it on their website [Buy 'Windmill Lane' Muted Green Paint Online | Little Greene](#)

Gentle and Nurturing

Pink is an incredibly traditional colour used in the UK. In fact this one I have selected **Bloomsbury** by Mylands was taken from one of the earliest surviving pant colour cards from Britains oldest family run paint company. This palette makes me feel like cosying up on a soft cushioned brown leather sofa and fluffy blanket.

Mylands offer a range of services to help you select the right colour for you.

Additional colours: Threadneedle – Baked Cherry (LG) – Holbein Chamber



View it on their website [Bloomsbury™ No.267, Muted Pink Paint - Mylands](#)

Sophistication and Tranquillity

A grey colour scheme has been used a great deal over the past few years, used by house developers, replacing magnolia. Don't let that put you off the colour completely. Here I have selected Farrow & Ball's Mole's Breath, combines with a stone and dark blue to elevate the scheme.

Farrow & Ball have a fantastic range of paint that is super easy to order direct online. They offer a wide choice in finishes and suggested pairings to help you along the way.

Mustard, pale blue or green accents could be used in a space with this colour pallet depending on your preference.

Additional colours: Purbeck Stone – Titmouse Blue – Wimbourne White



View it on their website [Mole's Breath No.276 | Sample Pot | Handcrafted Paint | Farrow & Ball](#)

Both natural and artificial light bring out different tones within any colour, so whatever you select, be sure to try a sample and make sure you are happy with your colour choice at different times of day and night.

Choosing the right colours for your home isn't just about aesthetics—it's about creating an environment that supports your emotional wellbeing. Whether you're seeking calm, energy, or comfort, there's a shade and a paint brand to help you achieve your ideal atmosphere. Don't just select beige, let colour bring new life to your living space!

If you'd like advice tailored to your unique home and personality, feel free to get in touch. Happy decorating!

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