

# MARCH 2025

## Color Therapy Month

*The use of colors to change our world!*



### What are the benefits of color therapy?

Help to relieve stress. Colors like blue and green are thought to have soothing affects.

Help with seasonal affective disorder. Colors like yellow and orange have been known to help.

Help to boost energy! Colors such as red and yellow have been known to help motivation.



Color is a power which directly influences the soul.

WASSILY KANDINSKY

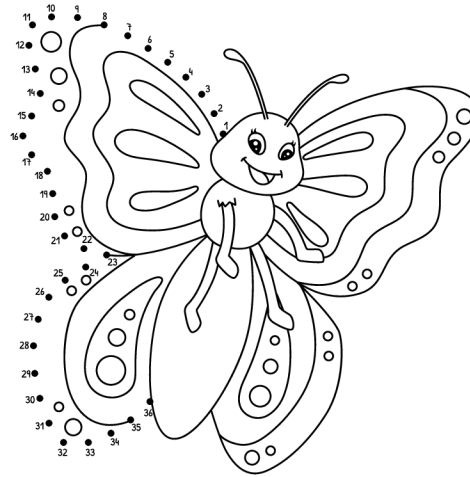
### How can you participate in color therapy month?

Indulge in some rainbow snacks!

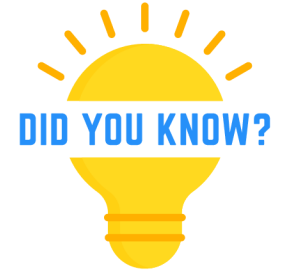


Explore colorful art!

Try to find as many colors around you!



## LET'S COLOR!



### DID YOU KNOW?

YELLOW INDUCES HAPPINESS

RED INCREASES ENERGY

PURPLE PROMOTES CREATIVITY

GREEN EVOKES FRESHNESS

ORANGE BRINGS JOY

BLUE EXUDES RELAXATION

MONTHLY MENTAL HEALTH GOAL: \_\_\_\_\_



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <b>National I Want You to be Happy Day</b>	4 <b>Climate Change and Mental Health</b> <a href="https://www.talkspace.com/blog/climate-change-and-mental-health/">https://www.talkspace.com/blog/climate-change-and-mental-health/</a>	5 <b>Yellow: Can help boost confidence and happiness!</b>	6 Color for 30 mins tonight! 	7 <b>National Day of Unplugging</b> 	1 8
9	10 <b>Social Anxiety Test</b> <a href="https://www.talkspace.com/assessments/social-anxiety-test">https://www.talkspace.com/assessments/social-anxiety-test</a>	11 Go to bed 30 mins earlier tonight! 	12 <b>DO YOUR THING</b>	13 <b>National Popcorn Lover's Day</b> 	14 <b>Red: Can cause emotional arousal, speed up heart rate, and raise blood pressure.</b>	15
<i>National Sleep Awareness Week</i>						
16	17 <b>Guilt Complex</b> <a href="https://www.talkspace.com/blog/guilt-complex/">https://www.talkspace.com/blog/guilt-complex/</a>	18 <b>STAY STRONG &amp; POWER ON</b>	19 <b>Green: Can help alleviate anxiety, depression, and nervousness.</b>	20 <b>International Day of HAPPINESS</b>	21 Read for 30 mins tonight! 	22
23	24 <b>National Each Person is A Person of Worth Day</b>	25 <b>Blue: Can help reduce stress and anxiety!</b>	26 Go on a 30 min walk! 	27 <b>Worry vs. Anxiety</b> <a href="https://www.talkspace.com/blog/worry-vs-anxiety/">https://www.talkspace.com/blog/worry-vs-anxiety/</a>	28 <b>DO IT FOR YOUR SELF</b>	29
30	31 <b>10 Tips to Stop Worrying</b> <a href="https://www.talkspace.com/blog/stop-worrying/">https://www.talkspace.com/blog/stop-worrying/</a>					

MONTHLY MENTAL HEALTH GOAL: \_\_\_\_\_  
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