

Want to feel happier, calmer or more energized? Pick the right paint color!

By Melissa Babcock for Connecticut Valley Homes



Connecticut Valley Homes' newest option is painting your walls any color you wish so you don't have to do it after you move in... But how do you know the best colors to pick? To create the basis for your perfect indoor environment, consider the psychology of color. The color of a room affects your perception of that room and your mood while you're in it.



Bold colors like red and orange can be used for an entire room or as accents. Red is the color of energy and is typically where the eye looks first. Restaurant decor often incorporates red because it has been shown to stimulate appetite, so why not use it in your dining room? It is also the color of love and passion, so a little red in the bedroom couldn't hurt.



Yellow is the cheerful color and a person surrounded by the more subtle shades feels more optimistic. Yellow also enhances concentration, but use bright yellow sparingly. While it is often thought of as a cheery color, people lose their tempers more often in intense yellow rooms, and babies may cry more. It can be mentally over-stimulating and is the most difficult color on the eyes.



For a relaxing vibe in the bedroom or living room, look to the blues. Light blue and lavender walls promote relaxation and sleep, but stick to a softer color to avoid the cold and depressing effect their darker shades can have. You might want to consider painting your home office blue too. It promotes productivity.



Green is currently the most popular decorating color. Trends come and go, but green is a refreshing color that is reminiscent of nature and easy on the eye. If you're going for a more natural, earth-toned scheme, green is a good color to include with browns and tans because it's eye-catching without being overwhelming. Green is calming to the senses and is relaxing both mentally and physically.



Stop by our office to learn more about this new option or for general information about building with Connecticut Valley Homes. Warm up with a mug of coffee or tea and visit with one of our Home Design Consultants if you choose. There's no fee, pressure or obligation.

