

# Colour theory & Mindfulness

Colour theory is an important concept in fashion and clothing design. It is the study of how colours interact with each other and how they can be combined to create pleasing and harmonious colour schemes. When it comes to clothing, colour theory can be used to create outfits that complement an individual's skin tone, hair colour, and personal style.

One of the fundamental concepts of colour theory is the colour wheel. The colour wheel is a visual representation of the relationships between primary, secondary, and tertiary colours. It is divided into warm and cool colours, with warm colours like red, orange, and yellow, and cool colours like blue, green, and purple.



In clothing, designers and stylists use the colour wheel to create complementary colour combinations that enhance the appearance of the wearer. For example, complementary colours are colours that are opposite each other on the colour wheel, such as red and green or blue and orange. When these colours are paired together, they create a visually striking and balanced outfit.

Another important aspect of colour theory in clothing is the idea of colour temperature. Warm colours like red and orange are associated with energy and passion, while cool colours like blue and green are associated with calmness and relaxation. Choosing colours with the right temperature can help to convey a certain mood or emotion in an outfit.

Overall, colour theory is a crucial tool for fashion designers and stylists to create cohesive and visually appealing outfits that complement the wearer's individual style and characteristics.

Colour theory can be a mindful activity because it requires focused attention and awareness of the colours and their relationships with each other. Engaging in colour theory exercises can help individuals slow down and be present in the moment, which is a key aspect of mindfulness.

Here are some ways that colour theory can be a mindful activity:

- Colour meditation: This involves focusing on a particular colour and observing its properties such as hue, saturation, and brightness. As you observe the colour, notice how it makes you feel and any thoughts or emotions that arise.
- Colour sorting: This involves sorting different coloured objects into groups based on their hue, value, or saturation. As you sort the objects, pay attention to the subtle differences in the colours and how they relate to each other.
- Colour journaling: This involves keeping a journal of your thoughts and feelings about different colours. Write about your personal associations with each colour, such as memories or emotions that the colour evokes.
- Colour palette creation: This involves selecting a group of colours that work well together and creating a colour palette. As you select the colours, pay attention to how they interact with each other and how they make you feel.

Engaging in these exercises can help to increase focus, reduce stress and anxiety, and promote a sense of calm and relaxation. By bringing attention to the present moment and the sensory experience of colours, colour theory can be a mindful activity that promotes greater awareness and well-being.

