

HEALING MODALITIES

Gentle, science-informed support for grief

COLOR THERAPY

Using color intentionally to create a more supportive space

Color can shape the feeling of a space and may influence what feels calming, comforting, or energizing to you. In grief, choosing colors you personally associate with warmth, peace, nature, or memory can be a gentle form of self-care. While color therapy is not a proven treatment for grief or any health condition, you can still use color intentionally in your surroundings, clothing, art, and daily rituals. The focus is your own sense of comfort—not a promise of cure.

Color does not take grief away; it can help you create small moments of comfort.

1 WHAT COLOR THERAPY IS

- Color therapy, or chromotherapy, uses color and colored light as a wellness practice.
- It is not a proven treatment for grief or medical conditions.
- This page focuses on personal comfort and environment.
- Use it as a gentle support, not a cure.

2 COLOR IS PERSONAL

- A color that feels peaceful to one person may not feel peaceful to another.
- Notice your own response rather than following fixed color rules.
- Choose colors that feel safe, familiar, or comforting.
- Your preference is the guide.

3 CREATING A CALMING SPACE

- Try a soft throw, candle-free lamp shade, artwork, or flowers in a color you love.
- Use gentle tones in a small corner where you rest.
- Keep the space simple so it does not become another task.
- Let it be a place to exhale.

4 COLOR AND MEMORY

- A color may bring a person, place, or meaningful moment to mind.
- You can include that color in a memory box, journal, or ritual.
- Comfort and sadness may arrive together.
- Both are natural parts of remembering.

5 A SIMPLE PRACTICE

- Pause and notice a color in your surroundings.
- Name what you see without judging it.
- Ask yourself: "Does this color feel comforting today?"
- Choose one small way to bring that color close.

6 CREATIVE EXPRESSION

- Use color in painting, coloring, collage, fabric, or flowers.
- Let the process be about expression, not making something perfect.
- You can create a page for a feeling, memory, or hope.
- There is no wrong way to begin.

7 USE CARE WITH CLAIMS

- Color choices may support comfort, but they do not treat illness or replace care.
- Seek qualified help for medical or mental-health concerns.
- Be cautious of anyone promising a cure through color.
- Your wellbeing deserves trustworthy support.

8 A GENTLE INVITATION

- Let color be one small way to care for your surroundings.
- Choose what feels meaningful, not what someone says you should feel.
- You are allowed to receive comfort in simple things.
- Your grief deserves compassion and care.

A GENTLE REMINDER

Choose the colors and surroundings that help you feel a little more cared for today.

