

Why Your Home Feels the Way It Does

(IT'S NOT RANDOM)



How colour shapes
the emotional atmosphere of
your home
and how art can support
the life you want to live.

MIREIA FABREGA ART

WHY COLOUR AFFECTS US SO QUICKLY

*Have you ever entered a room and instantly felt calm?
Or energized.
Or uncomfortable without knowing why?*



Very often, colour is the reason.

Our brain reacts to colour extremely fast. Studies show that the brain processes colour in less than a tenth of a second, before we consciously analyse what we see.

A small area of the brain that detects emotional signals immediately reacts to colour. This is why certain colours can make us feel calm, focused, or energized almost instantly.

This reaction happens before logic or reasoning.

That is also why colour is used everywhere to influence emotion and behaviour.

In advertising.

In architecture.

In art.

And of course, in our homes.

Colour is not decoration.

It is an emotional language.

“Warm colors like red and orange activate the brain’s arousal centers, increasing attention and energy.”

Global Cognitive Research Institute, 2025

HOW BRANDS AND CULTURE USE COLOUR INTENTIONALLY

Because colour influences emotion so quickly, many industries use it very strategically.

A well known example is Coca Cola. The brand has used strong red for more than a century. Red stimulates attention and excitement. It activates emotional centres in the brain very quickly, which makes it powerful in marketing.

Another example is Santa Claus. Originally, Saint Nicholas was not always represented wearing red. But during the twentieth century, illustrations linked to Coca Cola campaigns popularized the image of Santa in bright red clothing. Over time, this colour became strongly associated with warmth, celebration and joy.

Many banks also use red or blue intentionally.

Red communicates strength and visibility.

Blue communicates trust and stability.

These choices are not random.

Research using brain activity measurements shows that bright and saturated colours create stronger emotional engagement and can even increase perceived value of a product.

Colour shapes perception. But this knowledge is not new. Ancient traditions understood it long ago.



ANCIENT TRADITIONS AND THE MEANING OF COLOUR

Long before modern neuroscience existed, many cultures already recognized the emotional power of colour.

In Chinese Feng Shui, colours are used to balance energy in a space and support wellbeing.

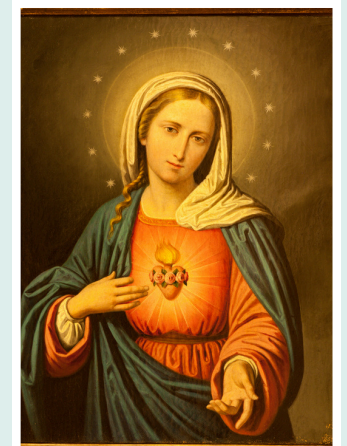
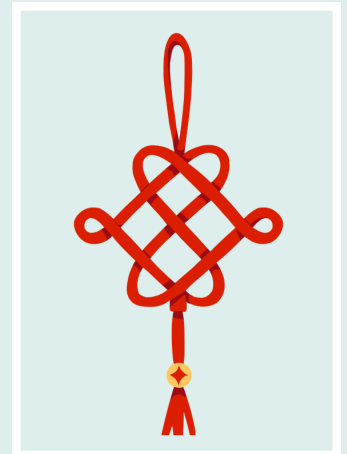
Earth tones create stability.
Green supports growth and renewal.
Red stimulates vitality and life force.

In Indian traditions, colours are linked to the energetic centres of the body and are used in rituals, clothing and architecture.

In European art history, colour symbolism was also deeply meaningful.
For example, in Christian painting the Virgin Mary was often represented wearing blue and red garments. Blue symbolized the sky and the spiritual world. Red symbolized the earthly world and human life. The message was simple but powerful. She was represented as a bridge between heaven and earth. Gold backgrounds were also common in sacred paintings. Gold symbolized light, eternity and the presence of the divine.

Across cultures and centuries, people have used colour to shape the emotional atmosphere of spaces.

Today, we can apply this awareness to our own homes.



A SIMPLE WAY TO THINK ABOUT COLOUR IN YOUR HOME

Every home communicates an emotional atmosphere.
Sometimes intentionally.
Sometimes unconsciously.

Instead of thinking about colour only as decoration, it can be helpful to think about what kind of atmosphere you want to live in.
Here are four emotional energies many people look for in their homes.

Calm

Soft blues, gentle greens, natural light tones.
These colours help create peaceful environments that allow the mind to slow down.
Often used in bedrooms or meditation spaces.

Vitality

Warm colours like coral, terracotta, orange or vibrant pink.
They bring warmth, joy and creative energy.
Often used in social spaces like living rooms.

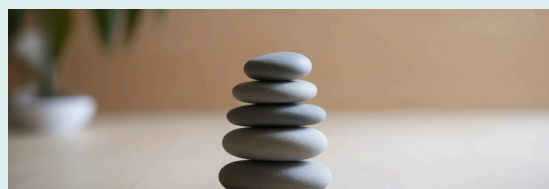
Grounding

Earth tones such as sand, clay, olive or warm browns.
These colours create stability and a feeling of safety.
They work well in spaces where we want to feel supported and relaxed.

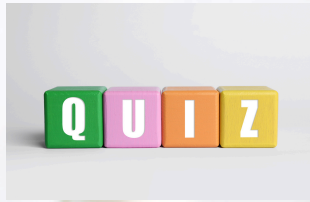
Expansion

Light colours, soft gradients and luminous tones.
They create openness and possibility.
They can help small spaces feel more spacious and inspiring.
Art plays a powerful role here.

A single artwork can bring the colour energy that a room is missing.



A SMALL REFLECTION EXERCISE



A Short Reflection Quiz:

What Colour Energy Might Your Home Be Missing?

Take a moment to answer these questions intuitively. There are no right or wrong answers. Choose the option that feels closest to your experience.

1. When you enter your home after a long day, what do you usually feel?

- A. A sense of quiet and calm. I can easily slow down.
- B. I feel comfortable, but the space sometimes lacks energy.
- C. I feel safe and stable, but the space can feel heavy or closed.
- D. The space feels pleasant, but sometimes a little empty or uninspiring.

2. Which type of environment helps you feel your best?

- A. Soft, quiet spaces where I can reflect and recharge.
- B. Warm and lively spaces where people gather and talk.
- C. Cozy, grounded spaces that feel secure and stable.
- D. Bright and open spaces that make me feel inspired.

3. When you notice art or colours that attract you, what do they usually evoke?

- A. Peace, stillness, or a feeling of breathing more slowly.
- B. Warmth, movement, joy or emotional intensity.
- C. Depth, stability, or a sense of being rooted.
- D. Lightness, curiosity, or the feeling of possibility.

YOUR COLOUR ATMOSPHERE

INSIGHTS

Look at the letter you chose most often.

This can suggest the colour atmosphere that may bring more balance to your home.

Mostly A – Calm

Your environment may benefit from colours that support rest and reflection. Soft blues, muted greens, and gentle tones help slow the nervous system and create mental clarity. Artworks with flowing movement, water-like palettes or soft transitions often bring this atmosphere into a space.

Mostly B – Vitality

Your space may need warmth, energy and emotional expression.

Coral, terracotta, red or warm pinks can introduce movement and connection. Paintings with dynamic brushstrokes or warm palettes often create a welcoming, lively atmosphere.

Mostly C – Grounding

Your home may benefit from colours that feel stable and supportive.

Earth tones such as sand, clay, olive and deep greens create a sense of safety and balance. Artworks with textured surfaces or natural palettes often reinforce this grounding feeling.

Mostly D – Expansion

Your environment may be asking for openness and inspiration.

Light colours, luminous tones and airy compositions can make a space feel larger and more creative. Paintings with light, movement and spacious compositions often bring this sense of expansion.



*“Color can carry important meaning and influence people’s emotions, thinking, and behavior.”
Andrew J. Elliot & Markus A. Maier, Annual Review of Psychology*

A Final Thought

Across cultures and throughout art history, colour has been used to shape emotional environments. A painting does more than decorate a room.

It introduces a colour atmosphere that slowly becomes part of daily life.

Notice which colours attract you most strongly.

Often the artwork that catches your attention first is quietly revealing what your space – and your inner world – may be asking for.



About Me

I’m Mireia Fabrega, an artist and art facilitator who loves exploring how color, form, and mindful creative practice can shape our emotions and our spaces. Over the years, I’ve combined my painting practice with reflective methods to help people notice how art affects mood, calm the mind, and bring clarity to everyday life. Every piece I create carries intention, and I’ve seen how living with color and meaningful art can subtly transform how we feel in our homes.

Subscribe to my newsletter for art and art mindfulness exercises:

www.mireiafabrega.com

Instagram: [@mireiafabrega.art](https://www.instagram.com/mireiafabrega.art)

Facebook: [@mireiafabrega.art](https://www.facebook.com/mireiafabrega.art)