

MENTAL HEALTH FURNITURE & THE IMPACT OF COLOUR

UNDERSTANDING OUR SURROUNDINGS

Our everyday surroundings have a huge impact on our mood, culminating in changes to our general demeanour and our behaviour – a result that can be significantly magnified for those affected by mental health. As many of the aspects that make up our environment are things we can't change, this highlights the importance of those we can; like the colour of mental health furniture.

USING COLOUR TO INFLUENCE BEHAVIOUR

As colour is one factor we can change, finding out how and where we can incorporate certain colours using healthcare furniture to reduce challenging behaviour is a lesson worth learning.

Managing stress: stress can very easily get on top of us, so creating nurturing spaces that promote relaxation is a stride towards minimising aggravated behaviour. Reduced stress levels can signal improvements in other aspects of our lifestyle too, such as higher quality sleep, which also have an undoubted impact on how we behave. Incorporating natural blue/grey tones or calming shades of green in areas of rest and recuperation, like bedrooms, is a step in the right direction.

Being active: exercise helps support a healthy body and mind but it can be difficult to feel motivated for some people in mental health facilities, leading to pent up energy and increased agitation. Using vibrant hues that can have a motivational impact, like stimulating oranges or energising yellows, can give that extra impetus when it comes to being more active. Utilising these colours in outdoor settings can encourage higher levels of activity which result in a positive outlet for excess energy.

Improving social connection: interaction with others is another key element in mental health, so creating spaces people want to spend time in will likely lead to more meaningful communication and relationships – resulting in increased levels of happiness and positive behaviour. Purple is a good colour to use in communal spaces as it is believed to symbolise spirituality and creativity so including this in lounge areas can work well.

All of these components are linked so using a clever combination of colours in mental health furniture throughout facilities is key to creating the intended mood and helping improve issues of challenging behaviour.

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By speaking to staff and patients, we have been able to provide solutions through fabrics and finishes that aim to improve furniture for challenging environments. Our Ryno® palette, for example, is balanced between soothing neutrals, light mid-tones and vibrant accents to support both relaxation and stimulation, all while nurturing those who use mental health facilities.



