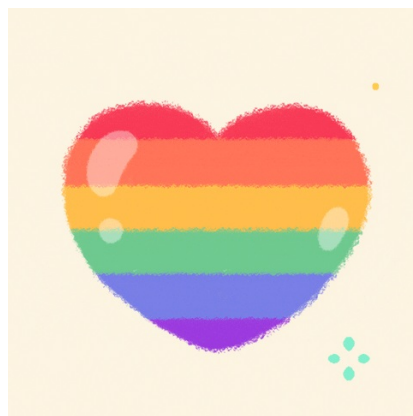


Positive Pulse

Your monthly dose of advice on healthy living



A Rainbow of Colors

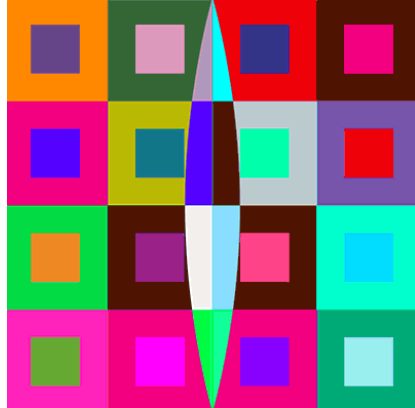
We're back with another issue of Positive Pulse, the e-newsletter for everything to do with healthy living. This month's theme is colors in honor of Pride Month!

- Colors can put us into different moods and using color psychology can teach us what colors lead to what emotions.
- A colorful plate is a healthy meal full of helpful phytonutrients.
- There are many colorful games we can play to test our knowledge and have fun.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)

We are also holding Healthy Lifestyles Project: LIVE events, every Wednesday at 11 AM and Friday at 1 PM. [Register here.](#)

Color Moods



What is Color Psychology?

- In its simplest terms, color psychology has become a popular area of color theory that assigns emotional and psychological connotations between colors and emotions.
- Many of these meanings are universal because they have an effect on the brain but some are only cultural. When traveling, it would be wise to research the accepted and non-accepted colors for any family or cultural event you are attending abroad.
- Whether you like a color frequently depends on childhood memories and your association between colors and feelings. If your mother made you wear yellow one day and your classmates made fun of you, yellow is not likely to be your favorite color as an adult.
- Sometimes a hue can have many connotations for you. For example, you may choose to wear an orange blouse one day because: It lifts your mood, you are ready to act, you are feeling creative, or you want to make a statement.

The Meaning of Colors

- While perceptions of color are somewhat subjective, some effects have universal meaning.
- **RED** attracts the most attention and is associated with strong emotions, such as love, passion, and anger. It's the universal color to signify strength, power, courage, and danger. Red is energizing and exciting, motivating us to act. It can also give confidence to those who are shy or lacking in willpower.
- **ORANGE** is the hue of encouragement, optimism, and self-confidence, marking the extrovert. Orange radiates warmth and happiness, combining the physical energy and stimulation of red with the cheerfulness of yellow. Orange can inspire courage, enthusiasm, rejuvenation, and vitality. It can also have a stimulating effect, particularly on the appetite.
- **YELLOW** is the color of the mind and the intellect, resonating with the left, logical side of the brain. It is creative, the tone of new ideas and new ways of doing things. Post-it notes and legal pads were invented in yellow for a very good reason! Being the lightest hue of the spectrum, yellow is uplifting and illuminating, offering hope, happiness, and fun. It's a warm and happy color that creates a sense of cheerfulness and playfulness, brightening people's spirits.
- **GREEN** is of nature, of balance and growth. It is restful and secure, symbolizing harmony, healing, and stability. It also represents security and self-reliance. Darker greens relate to money, wealth and prestige, while lighter greens relate to rebirth, growth, and freshness.
- **BLUE** is the color of trust, serenity, and peace. It suggests loyalty and integrity as well as conservatism and predictability. This has the opposite effect on the brain than red. It is calming, reducing tension and fear, slowing the pulse rate and reducing appetite. While inspiring wisdom and higher ideals, it is sincere, reserved, and quiet. Being cool, it creates a sensation of space.
- **PURPLE** is the color of imagination and spirituality, inspiring high ideals. It can be creative and individual or immature and impractical. It is also an introspective tone, allowing us to connect with our deeper thoughts. People drawn to purple are usually sensitive and compassionate, understanding and supportive, thinking of others before themselves. They will often have a peaceful and tranquil quality,

with quiet dignity about them.

Red Excitement Strength Love Energy	Orange Confidence Success Bravery Sociability	Yellow Creativity Happiness Warmth Cheer	Green Nature Healing Freshness Quality	Blue Trust Peace Loyalty Competence
Pink Compassion Sincerity Sophistication Sweet	Purple Royalty Luxury Spirituality Ambition	Brown Dependable Rugged Trustworthy Simple	Black Formality Dramatic Sophistication Security	White Clean Simplicity Innocence Honest

SOURCE: <https://londonimageinstitute.com/how-to-empower-yourself-with-color-psychology/>



Color Foods

Phytonutrients and Colorful Food

- Adding color to your meals will help you live a longer, healthier life.
- Colorful fruits and vegetables can paint a beautiful picture of health because they contain phytonutrients, compounds that give plants their rich colors as well as their distinctive tastes and aromas. Phytonutrients also strengthen a plant's immune system. They protect the plant from threats in their natural environment such as disease and excessive sun.
- When humans eat plant foods, phytonutrients protect us from chronic diseases. Phytonutrients have potent anti-cancer and anti-heart disease effects. And epidemiological research suggests that food patterns that include fruits and vegetables are associated with a reduced risk of many chronic diseases, including cardiovascular disease, and may be protective against certain types of cancers.
- The most recent US Dietary Guidelines recommend consuming 2-1/2 cups of vegetables and 2 cups of fruit a day, based on a 2,000-calorie diet.

Reach For The Rainbow

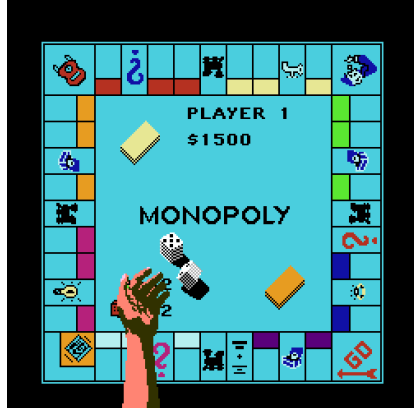
- Reaching a total of 4-1/2 cups of colorful fruits and vegetable a day is the goal for a powerful plate. Here are some ways to make it happen:
- Servings are not that big. 1/2 cup of chopped raw vegetables or fruit makes one serving. Leafy greens take up more space, so 1 cup chopped counts as a serving. 1/2 cup of dried fruit equals one serving.
- Think in twos. Try to eat two servings in the morning, two in the afternoon, and two at night.
- Snacks count, too. Feeling hungry between meals? Munch on a piece of fruit or grab some sliced raw vegetables to go.
- When shopping, look at your cart. If you find most of your choices are the same one or two colors, swap out a few to increase the colors – and phytonutrients – in your cart.
- Dine out colorfully. Start out with a cup of vegetable soup. Choose an arugula or spinach salad and see if they can add extra vegetables. Top off your meal with fresh fruit for dessert and a soothing cup of green tea.
- Look local. Farmers markets, co-ops, buying clubs, and community supported farms are usually great sources of fresh produce. Ask a farmer for fresh ideas on how to prepare fruits and vegetables that are new to you.
- Frozen produce is okay too! It is best to eat in season, but since seasonal produce may be limited, frozen fruits and vegetables count and are just as nutritious as fresh.

Phytonutrients In Every Color

- Following is a rundown of fruits and vegetables sorted by color, along with the phytonutrients they contain, and which foods you'll find them in.
- Red: Rich in the carotenoid lycopene, that seems to protect against prostate cancer as well as heart and lung disease.
 - Found in: strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, red onions
- Orange and yellow: Provide beta cryptothanxin, which may help prevent heart disease.
 - Found in: carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, winter squash (butternut, acorn), peaches, cantaloupe, corn
- Green: These foods are rich in cancer-blocking chemicals like sulforaphane, isothiocyanates, and indoles, which inhibit the action of carcinogens (cancer-causing compounds).
 - Found in: spinach, avocados, asparagus, artichokes, broccoli, alfalfa sprouts, kale, cabbage, Brussels sprouts, kiwi fruit, collard greens, green tea, green herbs (mint, rosemary, sage, thyme, and basil)
- Blue and purple: Have powerful antioxidants called anthocyanins believed to delay cellular aging and help the heart by blocking the formation of blood clots.
 - Found in: blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender, purple cabbage
- White and brown: The onion family contains allicin, which has anti-tumor properties. Other foods in this group contain antioxidant flavonoids like quercetin and kaempferol.
 - Found in: onions, cauliflower, garlic, leeks, parsnips, daikon radish, mushrooms

SOURCE: <https://www.health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501>

Color Games



Colors Are Fun

- Looking for some fun color brain games to pass the time? Try some of these options.
- [Pantone](#) (board game)
 - In Pantone: The Game, the player who is currently the artist chooses a character card, then designs a representation of that character using only color swatch cards. The other players subsequently take turns trying to guess who it is. If no one can guess the character during a round, a hint is given at the start of the next round, with each hint reducing the number of points awarded to both the artist and the player who correctly identifies the character. Whoever has the most points after each player acts as the artist three times wins.
- [Hues and Clues](#) (board game)
 - Hues and Clues is a vibrant game of colorful communication where players are challenged to make connections to colors with words. Using only one and two-word cues, players try to get others to guess a specific hue from the 480 colors on the game board. The closer the guesses are to the target, the more points you earn. Since everyone imagines colors differently, connecting colors and clues has never been this much fun!
- [Sagrada](#) (board game or app)
 - Draft dice and use the tools-of-the-trade in Sagrada to carefully construct your stained glass window masterpiece. Each player builds a stained glass window by building up a grid of dice on their player board. The highest scoring window artisan wins!
- [I Love Hue](#) (app)
 - I Love Hue is a gentle journey into colour and perception. Reorder mosaics of coloured tiles into perfectly ordered spectrums. Lovingly made for players who enjoy beautifully crafted puzzle games - or anyone who needs a few moments of visual tranquility.
- I Spy
 - I spy is a guessing game where one player (the spy or it) chooses an object within sight and announces to the other players that "I spy with my little eye something beginning with...", naming the first letter of the object. Other players attempt to guess this object. It is often played as a car game. You can also play this by choosing a color instead of a letter!



Let's Stay Healthy!

Looking to learn more about healthy living?
Email NJSAP@ArcNJ.org or call 732-749-8514 to
schedule a virtual training.

You can also visit the NJ Self-Advocacy Project
[Training homepage](#) to submit a training request.



Don't see what you're looking for? We can create a custom training based on the needs and interest of your group!



The Horizon Foundation for New Jersey

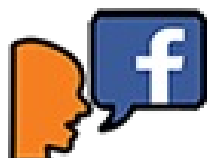
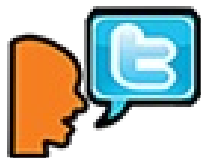
The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

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