Creating a sanctuary at home has never been more important. Colours: walls - Dulux Pale Tendril; trim - Dulux Lexicon® Half. Picture: SUPPLIED

Calming colours

AS Victorians continue to push through yet another lockdown, mental health is becoming an increasingly relevant topic.

One way to ensure your mental health and overall wellbeing is taken care of is to practice mindfulness. Other than engaging in meditation and gratitude practices, ensuring that your environment is soothing can assist in improving your mood and overall health.

Studies have shown that colour plays a role in determining mood. Using specific colours and tones in different rooms and areas of your home can give you the opportunity to improve the wellbeing of yourself and your family, while also giving you a lockdown project and refreshing your home.

Dulux has a wide range of nature-inspired colours that will soothe and settle you. According to Andrea Lucena-Orr, Dulux Colour and Communications Manager, colour can be a powerful tool to create dedicated mindfulness zones in the home for specific activities of self care (like reading, writing and yoga) and can help aid self-awareness.

Gentle neutral tones like earthy greens can attune your senses to feel more connected with nature, and the addition of indoor plants will increase the positive feeling in the room.

Fall back in love with your personal space by giving it a quick and uplifting colour refresh. Picture: DULUX AUSTRALIA

"Soft colours drawn from nature are known to soothe the mind and promote a sense of wellbeing – just what we need during these challenging times," Andrea says.

With travel limited to books, screens and their imagination, create a calming space for kids to do quiet activities, such as reading or completing puzzles. Kids' rooms will benefit from youthful colours such as pinks and blues, but in more muted and neutral tones.

"You can use these gentle tones to create quiet mindfulness zones within your home where you or the kids can switch off and calm the mind," says Andrea.

"Mindfulness is a great way to help our kids – and ourselves – build resilience, self-awareness and gratitude we need to navigate these difficult times."

Whether you are working from home or facilitating remote learning for the kids, it's easy to get sick of the same environment. Having spent so much time at home over the last year and a half, upgrading your space at home is sure to give you a much needed boost this lockdown.

"Just be sure to choose the space for your mindfulness zone thoughtfully – ideally it should be away from busy spots such as the kitchen and TV room so you can really tap into your zen," Andrea says.

"Set aside a couple of hours, grab a paint brush and away you go – you'll be amazed at how quick and easy it is to create these spaces."

For more information or colour inspiration, visit www.dulux.com.au.