



# COLOUR

Colours influence our mood and feelings. For some people colours can even affect their perception of room temperature. Colours initiate an emotional response because they transmit wavelengths that trigger hormone changes in our bodies.\* Choosing the right colours for your workspace can have a big impact on worker wellbeing and productivity. Grey, beige or white workplaces have been linked with depression but brighter colours can raise motivation. The best work environments combine colours effectively. How people perceive colours depends on their culture and experiences, but generally, green is good for productivity, blue for creativity, red for attention and yellow for decision-making.

- **Combine colors to boost behaviors and feelings necessary for productive work**
- **Use colours to identify different work areas within your workspace**
- **Lighter colours have the added benefit of reflecting natural daylight**

**Kinnarps®**

WORKSPACE SOLUTIONS