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Our clothes are a powerful tool that can make us feel better about ourselves. One way in which this works is by wearing different colors of clothes. Normally when we are sad, we will wear dark colored clothes. Oppositely, when we are happy, we often choose to wear brightly colored clothes. The reason for this is that our choice of color mirrors how we are feeling. Those who don't believe in the idea are often heard saying, "if only this truly worked". Well in reply to those people, there has been a lot of research into what happens to someone's feelings' when they are asked to wear just one color of clothes. It has been proven that if we wear particular colors of clothes these can change our feelings. Suppose we are feeling sad, if we wear black we may begin to feel worse. However if we wear Green, Red or Yellow we may begin to feel better. Each colour is said to have its own healing power. So remember, if you are not feeling your best, you can always try out some different coloured clothes. If one colour has no effect on your feelings, maybe another will.

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