

Holidays Can Be More Harmonious

BY KRISTIN HOPMAN

Do you know friends or relatives who are 'colorful' characters? Are your holiday celebrations sometimes problematic because of personality differences? To promote better understanding and communication with others, local author Sheila Glazov transformed the ideas of psychologist Carl Jung into a concept she calls "What Color is Your Brain?"™

The colors correspond to lobes of the brain: blue (occipital lobe), green (parietal lobe), yellow (temporal), and orange (frontal). Blue relates to visual perception, creativity and intuitive thinking. Green relates to learning skills and the integration of information you receive in your daily life. Yellow relates to verbal and visual memory and the ability to communicate with others. Orange relates to the ability to control physical responses and make decisions about your "social behavior."

Each brain color has its own praiseworthy gifts. Respecting the strengths of all four brain colors might make the holidays, and life in general, more harmonious. Everyone is a blend of the four colors. However, for most people, one of the following personalities fits them best.

"Yellow Brainers" are disciplined and value readiness. They are prepared, committed and exacting about their responsibilities. They are esteemed when they complete tasks on time and know what is expected of them. When misunderstood, "Yellow Brainers" can become anxious, judgmental and inflexible if things are disorganized. Others often view them as controlling or opinionated. To establish a better relationship with a "Yellow Brainer," acknowledge their loyalty and dependability.

"Blue Brainers" are dreamers who often give too much of themselves and

tally focused. They are esteemed when working in an environment that promotes efficiency and fairness. When misunderstood, "Green Brainers" can become withdrawn and indecisive. Coping with incompetency frustrates them and they become non-communicative. Others often view them as intimidating or lacking in people skills. To develop a better relationship with a "Green Brainer" acknowledge and encourage their

BRAIN COLOR:		
HOLIDAY STRESS AND JOY		
	Stress	Joy
<i>Yellow</i>	Last-minute shopping	Practical gifts like wallets or sweaters
<i>Blue</i>	Not being with loved ones	Hand-made gifts or gifts for pets
<i>Green</i>	Crowds or the hustle and bustle	Sensible gifts like books or high-tech gadgets
<i>Orange</i>	Obligations and packed schedules	Fun gifts like toys, tools and sports equipment

intellect and problem solving skills.

"Orange Brainers" dazzle others with their energy, competitiveness and resourcefulness. They are esteemed when they do not have to follow someone else's directions, but instead have a sense of freedom. When misunderstood, "Orange Brainers" become rude and will often leave the premises. Dealing with too much structure frustrates them. Others often view them as child-like and impulsive. To build a better relationship with an "Orange Brainer," acknowledge and encourage their generosity, playfulness and their ability to handle multiple tasks.

You still might feel or think that some people are difficult, however, now you may have a better appreciation of their brain color, perspective and multi-faceted personalities. The "What Color is

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"Yellow Brainers" are disciplined and value readiness. They are prepared, committed and exacting about their responsibilities. They are esteemed when they complete tasks on time and know what is expected of them. When misunderstood, "Yellow Brainers" can become anxious, judgmental and inflexible if things are disorganized. Others often view them as controlling or opinionated. To establish a better relationship with a "Yellow Brainer," acknowledge their loyalty and dependability.

"Blue Brainers" are dreamers who often give too much of themselves and make decisions with their "gut" feelings. "Blue Brainers" are inspirational, communicative and interactive. They are esteemed when working in an environment that promotes harmony and imagination. When misunderstood, "Blue Brainers" can become depressed and emotional. Dealing with a lack of cooperation frustrates them, and they become irrational and unrealistic. Others often view them as overly sensitive, idealistic and touchy-feely. To create a better relationship with a "Blue Brainer," acknowledge their enthusiasm and thoughtfulness.

"Green Brainers" value knowledge and need privacy. They make decisions only when they have gathered and analyzed all pertinent information. "Green Brainers" consider their work as play, and they are non-conformist and men-

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You still might feel or think that some people are difficult, however, now you may have a better appreciation of their brain color, perspective and multi-faceted personalities. The "What Color is Your Brain?"™ theory is most effective when you remember it is an **explanation** of an individual's behavior and feelings, not an **excuse**! During the next few weeks, keep in mind that "Yellows" want to be organized, "Blues" need to be with people, "Greens" want to be alone and "Oranges" need to be playful. Utilizing this multi-colored brain information will help you enjoy a happier, less stressful and COLORFUL holiday season!

Sheila Glazov is an educator and professional speaker who developed the What Color is Your Brain?™ workshops. She has worked with corporations, schools and individuals of all ages to teach them how to recognize and respect the best in themselves and others. For more information, visit www.braincolor.com.