Does your brain change the shade of colors you see based on your mood?

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Interesting question! Although it does seem like certain colors are associated with different moods (blue and sad, red and angry, etc.), this is most likely due to cultural influences rather than innate brain processing.

Film editors often use colors to set the tone of TV and movies, and certain shades are preferred because they are readily recognized by an audience as referring to a particular emotion. It isn't difficult to see how the connection between these colors may have been made - we associate certain colors with the seasons because of the lighting conditions that are most prevalent (blue in winter, for example). Mood is absolutely linked with weather (look up **Seasonal Affective Disorder**, or SAD, as an example), and it isn't surprising that people tend to be happier when the sun is out longer during the summer and sadder when the days are shorter. Some historians hypothesize that this is why so many cultures have a holiday in the middle of winter, like Christmas or winter solstice - when the days are so short and gloomy, people need a way of cheering up and getting together.

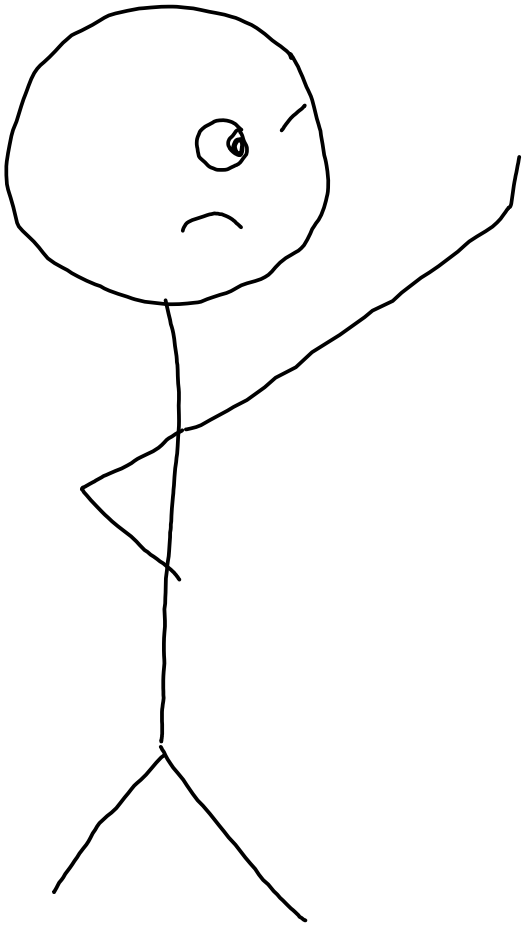
However, your question touches on another interesting point, which is that human brains absolutely modify perception. We often think of our brains like cameras, recording all of our actions and projecting them back via memories. However, this is very far from the truth. Our brains actively process information, highlighting the things that are most important while filtering out the rest, and even adjusting the information from time to time in order to provide a coherent picture of the world.

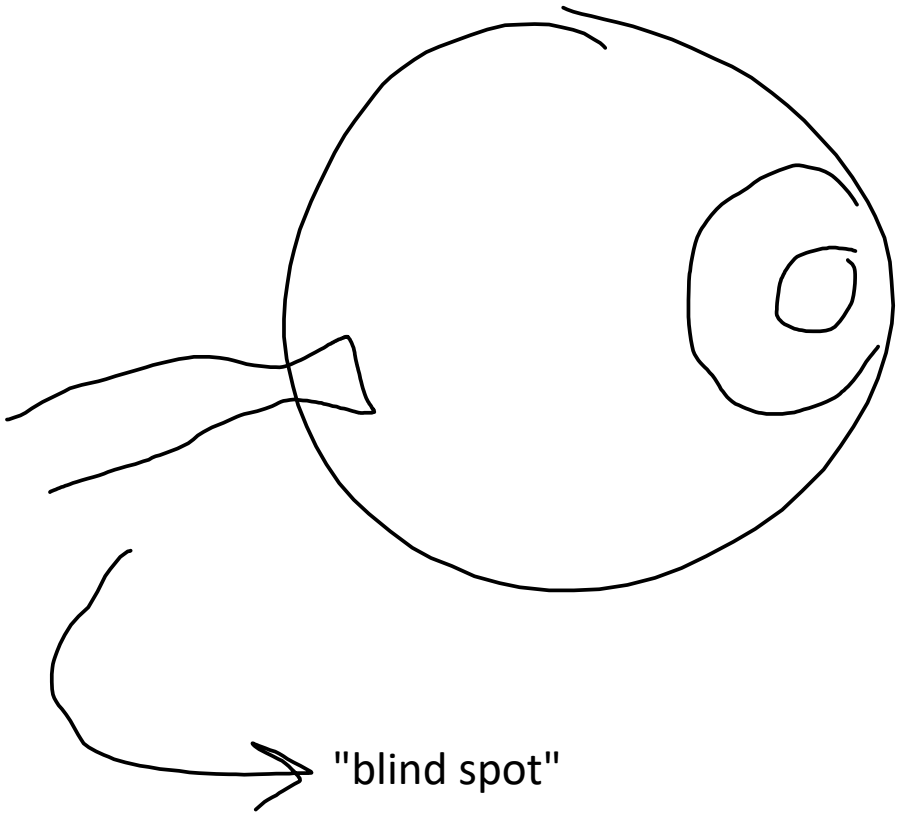
Here’s an experiment for you to try:

- close one eye, and hold one finger out in front of you at arm's length
- look straight ahead, and keep your open eye fixed on whatever's in

front of you

- move your finger slowly from side to side WITHOUT shifting your gaze. Notice anything strange? At a certain point, the tip of your finger will disappear! This is because the retina is connected to the brain through a bundle of nerve fibers, which create a "blind spot" in the back of the eye. We don't notice it most of the time because our other eye makes up the difference, and because our brain "guesses" what information is there when the other eye is closed. You have to pay special attention to even know you have a blind spot! This is just one example of how our brain alters our perception of the world so that we can navigate it effectively.




"blind spot"