

Color

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If you tend to be anxious, consider light blues, greens, and greys. If you have difficulty focusing, add darker blues, orange, or green to stimulate your creativity.

Most people pick a color and then discover the impact on them later. Not anymore! Before you select a color, consider first how you want to feel in that space and how you want others to feel. Then select a hue that produces that feeling. Voila! Done like a pro.

It's fascinating to think about how color can have cultural and societal meanings as well. In some cultures, white is associated with purity and innocence, while in others, it is a color of mourning and death.

Similarly, the color red is considered lucky in some cultures and a warning sign in others. So, be sure to consider the thoughts that naturally come up for you and others around a color.

For a fun experiment, notice your reaction to various colors and compare those reactions to those around you. In your exploration you may discover the colors of your space may not be evoking the emotions you intend to have there.

Perhaps a change is in order. Or maybe your space is producing just the right feel and now you know one of the reasons why.

Paul Meyer said "Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum- the same ones available to Michaelangelo and DaVinci." Go ahead and color your world.

Stephanie Patterson, MS, LMFT, is a mental health therapist on Guam. She sees clients in private practice and provides weekly tips for better emotional resilience through her YouTube Channel "Therapeutic Moment." Her website is slofamilycounseling.com. You can reach her at stephaniepattersonmft@gmail.com.

**The Guam Board of Social Work
Regular Virtual Board Meeting,
Thursday, July 06, 2023
at 11:00AM.**

Join Zoom Meeting

<https://us06web.zoom.us/j/84422665531?pwd=TjFHUVFhMEVqRWwrrWHgybWJpQUcxQT09>

Meeting ID: 844 2266 5531
Passcode: 292892

Meeting Agenda:

- I Call to order
 - A. Confirmation of Public Notice
- II Determination of Quorum
- III Adoption of Agenda
- IV Review and Approval of Minutes
 - A. May 18, 2023
- V HPLO Administrator's Report
- VI Chairperson's Report
- VII Committee Reports:
 - A. Finance & Budget
 - B. Statutes, Rules and Forms
- VIII Old Business:
 - A. Consideration of Applications for Licensure
 - B. Consideration of Applications for Renewal of Licensure
- IX New Business:
 - A. Consideration of Applications for Licensure
 - B. Consideration of Applications for Renewal of Licensure
- X Announcement(s):
 - A. Next Meeting: The Guam Board of Social Work next regularly scheduled board meeting, August 03, 2023 at 11:00AM.
- XI Adjournment:

To view the names of the applicants being considered go to <https://guamsocialwork.org>

LIVE Streaming link

<http://facebook.com/HPLOGuam>

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For more information, please contact the Board office at 735-7404/10 thru 12. Persons needing telecommunication device for the Hearing/Speech Impaired (TDD) may contact 475-8339



The University Of Guam Solicits Applications To Establish A List Of Eligibles For The Following Position (Subject to the Availability of Funds):

#073-23 DEAN, SCHOOL OF ENGINEERING (SENG)

Contact the Human Resources Office at (671)735-2350 for additional information regarding requirements, qualifications and application deadline, 8:00 a.m. to 5:00 p.m., Monday through Friday, except holidays. View the Human Resources Office website at <http://www.uog.edu/hro> for detailed information on the job announcement. For further information please email Dr. Lee Yudin, Search Committee Chair at lyudin@triton.uog.edu.

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**/s/JOSEPH B. GUMATAOTAO
Chief Human Resources Officer**

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