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Subject: Re: How does darkness impact mental health and well-being?

Posted by [Helen](#) on Sun, 19 Oct 2025 16:03:24 GMT

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Darkness can affect us both in a the negative or positive ways. Being intentionally or positively, darkness promote healing, rest and clear mindset. It's a period for emotional processing and creativity. I always prefer the dark whenever I wanted to get some clarity and a clear mindset.

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