

# Mental Ghosts Tells People That It's Okay Not To Be Okay



There are a lot of ways of conquering a person's mental illness or ghosts that haunt their lives. One may value themselves, or perhaps by only taking care of one's body.

Some may surround themselves with good people, break the monotony and deal with the stress appropriately.

[Mental Ghosts](#) is a clothing brand with a purpose to help other people's own 'mental ghosts.' The brand's intentions are to help lighten up someone's day by wearing the clothes and being a part of their mental ghosts community.

They provided a shirt for each day of the week to remind someone about the little things. Mental Ghosts made it simple by making seven categories of simple colors every day of the week. For example, Monday is meant for maroon, where people can observe roses. It will also teach the people wearing the shirt to be brave and just think about romance. The days of the week are as follows: Maroon Mondays, Tangerine Tuesdays, Waterspout Wednesdays, Timberwolf Thursdays, Fuchsia Fridays, Sage Saturdays, and Sand Sundays.

Moreover, people can learn a lot on Mental Ghosts website on what each colors embody:

**Maroon Mondays:** Wearing Red-ish helps a person feel the energy, war, danger, strength, power, determination, passion, desire, and love.

**Tangerine Tuesdays:** Wearing Orange-ish represents enthusiasm, fascination, happiness, creativity, determination, attraction, success, encouragement, and stimulation.

Waterspout Wednesdays: Wearing Blue-ish is the color of the sky and sea-ish. It is often associated with depth and stability. It symbolizes trust, loyalty, wisdom, confidence, intelligence, faith, truth, and heaven.

Timberwolf Thursdays: Wearing White-ish Grey shows light, goodness, innocence, purity, and virginity. It is considered to be the color of perfection. White means safety, purity, and cleanliness. As opposed to black, white usually has a positive connotation.

Fuchsia Fridays: Wearing Pink-ish Purple combines the stability of blue and the energy of red. Purple is associated with royalty. It symbolizes power, nobility, luxury, and ambition. It conveys wealth and extravagance. Purple is associated with wisdom, dignity, independence, creativity, mystery, and magic.

Sage Saturdays: Greenish is the color of nature. It symbolizes growth, harmony, freshness, and fertility. Green has strong emotional correspondence with safety. Dark green is also commonly associated with money.

Lastly, for Sand Sundays, the color black is associated with power, elegance, formality, death, evil, and mystery.

The Mental Ghosts, is not just a brand, but also a healthy family that aims to embrace people's inner ghosts. They have their [Ghost Stories](#) section on their website where they welcome various individuals' stories in every walk of life. Through this section, Mental Ghosts can help them share their stories and hopefully become inspiration and motivation for others to soldier on with their lives.

People can also nominate a friend by just reaching out and buying something special for them. With a simple yet colorful shirt, it can lighten up the mood of a person. By knowing what each color symbolizes or represents, the one who wore it may also practice embodying the positivity it brings.

Mental Ghosts is for people who love shirts but most importantly, it is for those who suffer from mental illnesses, such as PTSD. Mental Ghosts are also open for influencers, and other kind people who can share their stories as they buy a shirt.

Deal with your ghosts, and visit their [website](#).

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