

Mood Ring Color Chart

What each mood ring colour traditionally means. Colours track skin temperature, not literal emotions.

Dark Blue	Happy & relaxed Deep blue is the "everything is good" color. It usually means you feel calm, content and emotionally settled - one of the warmest readings on the scale, around 96-98°F skin temperature.
Blue	Calm A clear, easy blue points to a relaxed, peaceful mood. You're comfortable and not under stress. Light blue is the "resting happy" shade many people see most often.
Blue-Green	Somewhat relaxed Teal sits between calm and neutral - you're mostly at ease with a little alertness underneath. Many charts read it as quiet optimism.
Green	Neutral / average Green is the baseline. Nothing strong is happening emotionally - you're even, normal, neither stressed nor especially relaxed. It's the color mood rings are calibrated to show at rest.
Yellow	Unsettled / imaginative Yellow reads as a wandering, slightly restless mind - mixed feelings, mild nerves, or daydreaming and creative thought depending on the chart.
Amber	Mixed emotions Yellow-amber suggests a mix - a bit unsettled, tense or cautious. Emotions are shifting and your skin is running cooler than baseline.
Orange	Stressed / unsettled Orange reads as nervous energy, mild stress or daring excitement. Your body is running active - some charts call it the adventurous color.
Red	Excited or stressed Red points to high energy and an elevated heart rate - excitement, passion, or anger and tension depending on the moment.
Pink	Affectionate & curious Pink signals warmth, affection and the start of attraction or interest. It appears near the warm end on newer rings, just before purple.
Purple	Passionate & playful Purple leans toward romance, sensuality and a clear, passionate mood - warm and very content. It's the rarest reading, needing skin near 98°F.
Brown	Restless / anticipatory Brown means a restless, on-edge state - nervous anticipation, distraction, or low-level worry as your skin cools toward the dark end.
Grey / White	Anxious Pale grey or white often signals nervousness, anxiety or strained feelings - the first stop on the way to black. A permanently white stone can also mean the crystals are worn out.
Black	Tense or cold Black usually means cold hands (below about 80°F) or feeling stressed and anxious. On many rings, black is simply the resting state when the ring isn't worn.