

# MOOD METER

WE'RE ALL FEELING BEINGS WHO ARE EXPERIENCING EMOTIONS EVERY MOMENT OF OUR LIVES

**INSTRUCTIONS:** Physically stop what you are doing to check in with the state of your mind and body. Ask yourself: At this exact moment, what is my emotional state? Am I feeling up or down? Pleasant or unpleasant? Energized or depleted? Don't search for the precise emotion but rather discover the general area where your mood exists in the Mood Meter. This practice will help you build your emotional vocabulary and enhance your emotional wellness. **Download the Mood Meter app: <https://moodmeterapp.com/>**

High Energy	Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Upbeat	Festive	Exhilarated	Ecstatic	High Energy
	Livid	Furious	Frustrated	Tense	Stunned	Hyper	Cheerful	Motivated	Inspired	Elated	
	Fuming	Frightened	Angry	Nervous	Restless	Energized	Lively	Excited	Optimistic	Enthusiastic	
	Anxious	Apprehensive	Worried	Irritated	Annoyed	Pleased	Focused	Happy	Proud	Thrilled	
	Repulsed	Troubled	Concerned	Uneasy	Peeved	Pleasant	Joyful	Hopeful	Playful	Blissful	
Low Energy	Disgusted	Glum	Disappointed	Down	Apathetic	At Ease	Easygoing	Content	Loving	Fulfilled	Low Energy
	Pessimistic	Morose	Discouraged	Sad	Bored	Calm	Secure	Satisfied	Grateful	Touched	
	Alienated	Miserable	Lonely	Disheartened	Tired	Relaxed	Chill	Restful	Blessed	Balanced	
	Despondent	Depressed	Sullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfortable	Carefree	
	Despairing	Hopeless	Desolate	Spent	Drained	Sleepy	Complacent	Tranquil	Cozy	Serene	
LOW PLEASANTNESS					HIGH PLEASANTNESS						

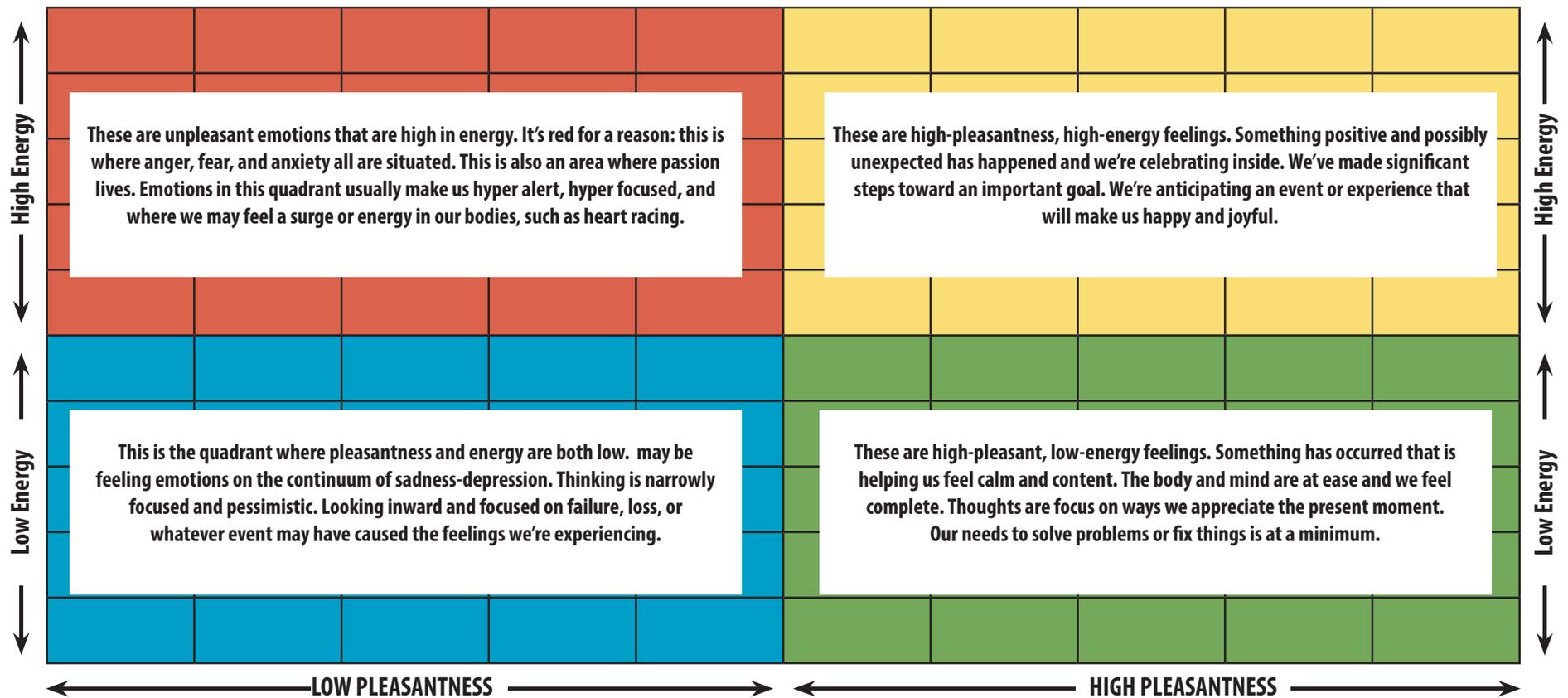
## Become Your Own Emotional Scientist

Being able to label and then understand the **CAUSE** of an emotion will better prepare you to care for yourself and others. To discover why you may be feeling a certain way, **CURIOSITY** and **NON-JUDGMENT** are the main tools used by emotional scientists. Moving away from evaluating emotions as bad/good will decrease judgment and open opportunities to **LISTEN AND LEARN** so that you may respond to yourself in a way that is **KIND** and increases **SELF-AWARENESS, MOTIVATION, AND WELLNESS**. Using the mood meter to identify how you are feeling is a good place to start.

## Mind and Body Connection

Human emotions have two core properties you will notice in the mood meter: **ENERGY** and **PLEASANTNESS**. Your body will be sending you clues to pay attention to. Notice how your emotions shift your thoughts, energy, or body language. Notice how your body feels when experiencing high or low energy. And, notice the nature of your thoughts when you feel low or high pleasantness. You can also use these tools to be more aware of other's emotional wellness by looking for changes in their facial expression, body language, or voice.

# UNDERSTANDING EMOTIONS



To recognize our emotions is to acknowledge that we're all feeling beings and we're experiencing emotions every moment of our lives. Emotions are clues that something important is happening. These clues present themselves as a change in your own thoughts, energy, or body language or changes in someone else's facial expression, body language, or voice. Even when we are not aware of how we are feeling, our emotion system is continuously monitoring our surroundings for changes that may be relevant to our goals, values, and wellness.

#### 4 Ways Labeling Emotions Matters

- Organizes our experiences** Attaching a word to our feelings helps us make sense of our experience and clarifies ways to respond.
- Increases others empathy for us** Being able to specifically name what we are feeling helps the people in our lives look beyond our behaviors to understand the cause.
- Increases our empathy for others** Once we know how someone is feeling, it's easier to offer them support.
- Enhances social wellness** The more we are able to be connected to our emotions, the more we will be able to build social connections.

#### Questions to Understand Own Feelings

What just happened?  
 What was I doing before this happened?  
 What might have cause the feelings or reaction?  
 What happened this morning, or last night, that might be involved in this?  
 What has happened before with this person that might be connected?  
 What memories do I have about this situation or place?

#### Questions to Understand Someone Else's Feelings

What might have happened to cause this feeling?  
 What usually makes you feel this way?  
 What's going on that you're feeling this way?  
 What were you doing just before you started feeling this way?  
 Who were you with?  
 What do you need right now? What can I do to support you?