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/

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.

Source: Yale Center for Emotional Intelligence
UNDERSTANDING EMOTIONS

Questions to Understand Own Feelings

What just happened?
What was I doing before this happened?
What might have caused 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?

4 Ways Labeling Emotions Matters

1. **Organizes our experiences** Attaching a word to our feelings helps us make sense of our experience and clarifies ways to respond.
2. **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.
3. **Increases our empathy for others** Once we know how someone is feeling, it’s easier to offer them support.
4. **Enhances social wellness** The more we are able to be connected to our emotions, the more we will be able to build social connections.

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.