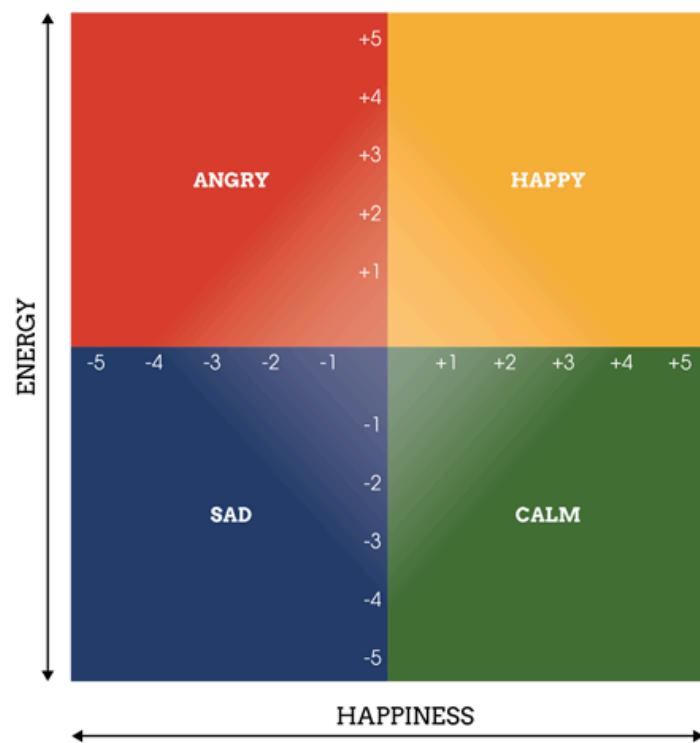


# Mood Meter



Enraged	Furious	Frustrated	Shocked	<b>M</b>	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	<b>O</b>	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	<b>O</b>	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peeved	<b>D</b>	Pleasant	Joyful	Proud	Blissful
<b>M</b>	<b>O</b>	<b>O</b>	<b>D</b>	<b>M</b>	<b>E</b>	<b>T</b>	<b>E</b>	<b>R</b>
Disgusted	Disappointed	Glum	Ashamed	<b>E</b>	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	<b>T</b>	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	<b>E</b>	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	<b>R</b>	Relieved	Restful	Tranquil	Serene

## Mood Meter Activity

**Directions:** Look at the Mood Meter charts above. Choose **one** of the activities below to examine the mood meter. Which one best suits your learning style? Choose that approach to analyze your current feelings.

### I. Mathematical Approach:

A. Where are you on the mood meter (X, Y)?

1. Pleasantness is measured on the x-axis. Where are you on the X-axis? \_\_\_\_\_
2. Energy is measured on the y-axis. Where are you on the Y-axis? \_\_\_\_\_
3. What is the feeling you have right now? \_\_\_\_\_
4. What caused you to feel this way? \_\_\_\_\_
5. What word best describes your feeling? \_\_\_\_\_
6. What could you do to move to a more positive feeling? (See chart below.) \_\_\_\_\_

### II. Verbal Linguistic Approach:

Are you feeling low energy and pleasant? = Look in the green quadrant below to find the feeling you have right now.

Are you feeling low energy and unpleasant? = Look in the blue quadrant below to find the feeling you have right now.

Are you feeling high energy and pleasant? = Look in the yellow quadrant below to find the feeling you have right now.

Are you feeling high energy and unpleasant? = Look in the red quadrant below to find the feeling you have right now.

1. What is the feeling you have right now? \_\_\_\_\_
2. What caused you to feel this way? \_\_\_\_\_
3. What word best describes your feeling? \_\_\_\_\_
4. What could you do to move to a more positive feeling? (See chart below.) \_\_\_\_\_

Physical Reactions in Each Quadrant	
<b>What happens in the red:</b> <ul style="list-style-type: none"><li>• Racing heart</li><li>• Shortness of breath</li><li>• Sweating</li><li>• High blood pressure</li><li>• Nausea</li><li>• Muscular tension</li><li>• Racing thoughts</li></ul>	<b>What happens in the yellow:</b> <ul style="list-style-type: none"><li>• Lower blood pressure</li><li>• Lingering eye contact</li><li>• Smile with whole face</li><li>• Laugh lines</li><li>• Open and energetic body language</li><li>• Inspired, happy thoughts</li></ul>
<b>What happens in the blue:</b> <ul style="list-style-type: none"><li>• Lower heart rates</li><li>• Dropping posture</li><li>• Flat tone of voice</li><li>• Heaviness in chest</li><li>• Difficulty breathing</li><li>• Low pessimistic thoughts</li></ul>	<b>What happens in the green:</b> <ul style="list-style-type: none"><li>• Lower blood pressure</li><li>• Loose feeling in the body</li><li>• Easy digestion</li><li>• Slow, pleasant, calm thoughts</li></ul>

## Strategies to Change Your Mood (When You're Ready)



➤ Breathe	➤ Mindful practice	➤ Say, "This too shall pass!"
➤ Positive self-talk	➤ Find support from others	➤ Seek professional help
➤ Activities you like! (hobbies, reading, writing, cooking, drawing, sports, etc.)	➤ Entertainment (music, movies, games, theater, etc.)	➤ Physical activity (walking, yoga, etc.)