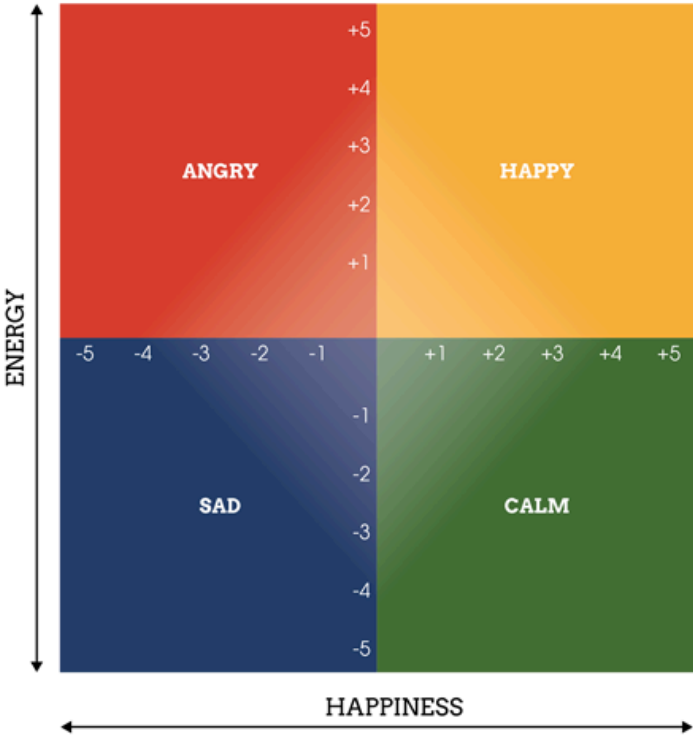


Mood Meter



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

➤ Positive self-talk

➤ Activities you like! (hobbies, reading, writing, cooking, drawing, sports, etc.)

➤ Mindful practice

➤ Find support from others

➤ Entertainment (music, movies, games, theater, etc.)

➤ Say, "This too shall pass!"

➤ Seek professional help

➤ Physical activity (walking, yoga, etc.)