

# RULER

## USING THE MOOD METER

The Mood Meter is a tool that helps build awareness of emotions in ourselves and others. It helps us understand how our emotions influence our thinking and behavior, empowers us to recognize and label our full range of emotions, and use our emotions wisely. These skills help us get along with others and make better choices in our lives.

The Mood Meter shows that all emotions have a place and that all emotions are okay. Even unpleasant emotions, though they may feel uncomfortable, can serve us in certain situations. Part of working with the Mood Meter involves developing strategies to help us work skillfully with those emotions, and to cultivate more of the feelings we want to have in order to achieve our goals.

## CHECKING IN ON THE MOOD METER

Use these questions to guide your Mood Meter check-in.

**R:** Where are you on the Mood Meter?

**U:** What is causing you to feel this way?

**L:** What word best describes your feeling?

**E:** How are you expressing this feeling?

Are you comfortable expressing?

**R:** How do you want to feel? What strategy will you use to stay or shift?

## RED



### IF YOU'RE FEELING...

- Irritated
- Frustrated
- Angry
- Stressed
- Afraid
- Anxious

Now is a good time to write a persuasive argument or advocate for something you believe in. Being a little in the red helps us get things done or rise to a challenge.

### WANT TO MOVE OUT OF THE RED?

Try going for a walk and exercising or taking a few slow deep breaths to clear your head and calm your body. Use self-talk (e.g., "This is part of my day, but it does not define my day"). If someone else is involved in a situation that puts you in the red, take a moment to think about their feelings or perspective too.

## BLUE



### IF YOU'RE FEELING...

- Discouraged
- Disappointed
- Sad
- Bored
- Lonely
- Depressed

Now is a good time to work on a detail-oriented project by yourself, like proof-reading or critical thinking. Being in the blue can be a good time for writing poetry, songwriting or being an empathic listener with a friend.

### WANT TO MOVE OUT OF THE BLUE?

Try a strategy with movement, like putting on music and dancing, talking with a friend or having a snack. Use self-talk to remind yourself of the big picture or try positive reframing - putting a positive spin on a situation. If someone else is involved in a situation that puts you in the blue, take a moment to think about their feelings or perspective.

## YELLOW



### IF YOU'RE FEELING...

- Happy
- Productive
- Excited
- Energetic
- Motivated
- Focused

Now is a good time to start a new project, have a brainstorming or problem-solving session with your team, or work on a creative project. Being in the yellow is a good place to be for checking things off your to-do list!

### WANT TO MOVE OUT OF THE YELLOW?

Try turning one of your meetings into a walking meeting to use some energy. Take slow deep breaths, listen to calm music, or move to a workspace where you can be alone (if possible).

## GREEN



### IF YOU'RE FEELING...

- Cooperative
- Safe
- Calm
- Relaxed
- Peaceful
- Content

Being in the green is a good place to be for concentration and productivity. Being in the green is also a great place to be for working collaboratively, giving or receiving feedback, and taking time for self-reflection.

### WANT TO MOVE OUT OF THE GREEN?

Try listening to upbeat music and standing up to get some blood flowing. Take a walk to boost your energy and get some fresh air. Use self-talk to remind yourself of something that inspires you about your work, or use your imagination to dream up exciting possibilities in life.