

GREEN

If you're feeling...
Cooperative
Peaceful
Calm
Safe
Relaxed

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?

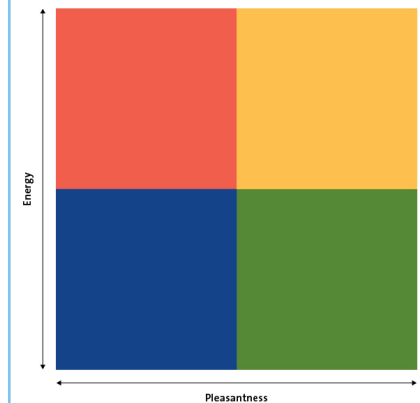
Try listening to upbeat music and standing up to get some blood flowing. Take a walk to boost your energy and get some fresh air. Use self-talk to remind yourself of something that inspires you about your work.

Recognizing emotions in self and others
Understanding the causes and consequences of emotions
Labeling emotions accurately
Expressing emotions appropriately
Regulating emotions effectively

The Mood Meter is a tool to build self and social awareness. It can be used to develop all of the RULER skills.



Mood Meter Strategies



Yale Center for Emotional Intelligence

ei.yale.edu

RED

If you're feeling...

Irritated
Angry
Frustrated
Stressed
Anxious

Now is a good time to write a persuasive argument or advocate for something you believe in. Being 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, listening to your favorite music, 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.

BLUE

If you're feeling...

Sad
Discouraged
Disappointed
Depressed
Bored

Now is a good time to work on a project by yourself, especially a project including proof-reading, editing, or critical thinking. Being in the blue helps us feel empathy.

Want to move out of the blue?

Try listening to music, talking with a friend or coworker, or having a snack or coffee. 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
Motivated
Energetic
Productive
Excited

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).