

# Emotional Intelligence

## Self-Regulation – The Mood Meter

*It can be difficult to recognise when we are about to be overpowered by strong feelings and become emotionally hijacked. Just like a thermometer can measure rising temperatures, we can use tools to measure and identify rising levels of emotions.*

It is easy for us to let our emotions take control. Unfortunately, unless we do something about it, this can become a pattern that will cause problems for ourselves and prevent us from becoming our best self. The longer we stay on the trouble train, the stronger the pattern becomes and the more difficult it becomes to change.

The good news is that we can use tools like the Mood Meter to help us connect our thinking and feeling brain. We can tune in and notice how our body is feeling and pay attention to how we are thinking. When we do this, we can detect growing emotions when they are small and manage them before we become emotionally hijacked.



The Mood Meter is broken into 4 quadrants. Red, Yellow, Green and Blue. As we have more energy in our body, we move further up the mood meter. As we have less energy, we move down the mood meter. Moving towards the left represents feelings of unpleasantness, while moving to the right indicates we are feeling more pleasant.

### Your task

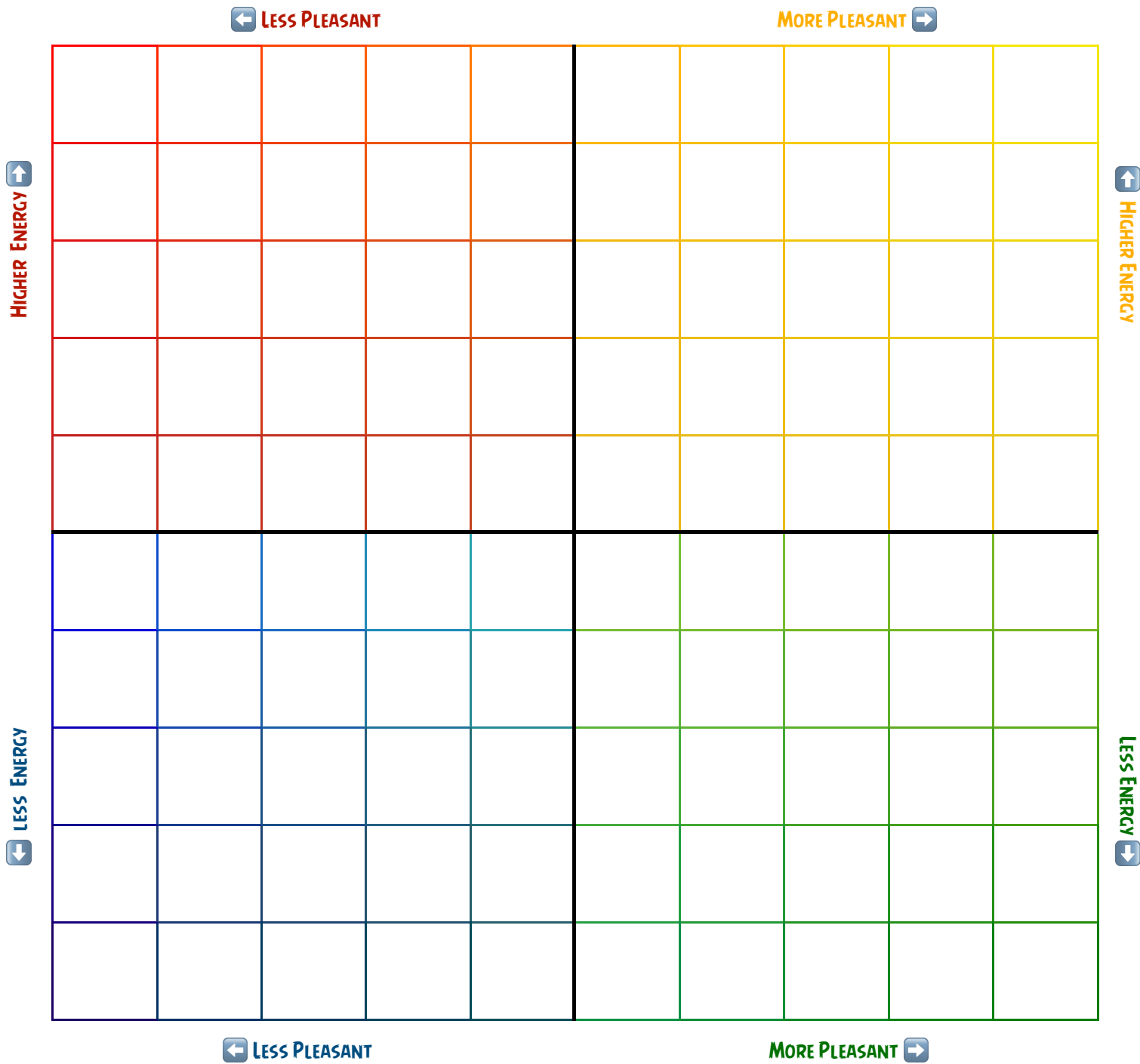
#### For your EQ Sessions this week you will need to:

1. Think about a time you felt a strong emotion. Choose the best word to describe the emotion.  
For example, instead of Angry, a more accurate word could be: annoyed, frustrated, furious.
2. Place where you think that emotion best fits on the mood meter.
3. Describe what happened to make you feel this way.
4. Describe how you expressed the emotion. Think about how you expressed it:
  - a. Verbally (What you said)
  - b. Vocal tone (How you said it, eg: Quiet, deep, loud, screamed, calm)
  - c. Facial Expression (eg: Frown, scrunched, relaxed, narrow eyes, wide mouth)
  - d. Body Language (eg: Slouched, crossed arms, clenched fists, bent knees)
  - e. Body (eg: Fast / slow breathing, panting, trembling, sweating)
5. Draw and picture or illustration.

*If you are stuck for the names of feelings or emotions, you can use the grid to the right for ideas.*

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

# The Mood Meter



My Emotion:

What Happened:

How I expressed the emotion:

Picture / Illustration

My Emotion:

What Happened:

How I expressed the emotion:

Picture / Illustration