

# The Mood Meter:

## Discovering How to Name and Share What We Feel



Are you always aware of really how you feel? Often we go through the day not thinking about it that much, but assigning a daily number between 1-10 and then thinking about what drove that choice is a great way to keep in touch with how you're doing. A great way to keep in touch with how you're doing, and develop an early warning system if things aren't so great

### CHECK-IN

Give yourself a number on the Mood Meter from 1-10, with 1 as 'not good at all', and 10 as 'great'! Think about and note down what is driving this number—it can be many things!



1

2

3

4

5

6

7

8

9

10




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### SHARE

Fold your paper up, and hand it in. The leader will share the range of numbers with the group as a whole

### DISCUSS

How do you react to the range of numbers. What was surprising?

What would you say to someone who feels like a 2?

If you feel like a 1 or 2, how would you like someone to approach you?

Why is it so hard to talk about how we're really feeling?

Do you have someone that you regularly check-in with? Who? How does this help?

## Reflections & Actions

It's hard to assess our own feelings, let alone talk about them. For the next week, check-in with yourself every day, and record how you're feeling on the 1-10 scale. What happened from day to day to move the number up or down? What positive or negative feelings resulted?

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After a week, review your entries. What trends are there? Make a list of things that went RIGHT this week—at least one a day. Reflecting back on the whole week, what number would you give it and why?

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## Daily Check-in

For 10 days, give yourself a number on the Mood Meter from 1-10, with 1 as 'not good at all', and 10 as 'great"! Think about and note down what is driving this number—it can be many things!

DAY 1  1 2 3 4 5 6 7 8 9 10 

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DAY 2  1 2 3 4 5 6 7 8 9 10 

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DAY 3  1 2 3 4 5 6 7 8 9 10 

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DAY 4  1 2 3 4 5 6 7 8 9 10 

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DAY 5  1 2 3 4 5 6 7 8 9 10 

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DAY 6  1 2 3 4 5 6 7 8 9 10 

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DAY 7  1 2 3 4 5 6 7 8 9 10 

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DAY 8  1 2 3 4 5 6 7 8 9 10 

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DAY 9  1 2 3 4 5 6 7 8 9 10 

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DAY 10  1 2 3 4 5 6 7 8 9 10 

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# Language as a Tool for Self-Care Part 1:

## Using Words to Calm and Reground Exercise: Coping & Comfort Words



Comfort Words are words to use when you feel stressed or bothered by something. They neutralize Fight or Flight words & feelings, which make your body think that it is in a real emergency. Try to catch yourself before this happens by reaching for your Comfort Words to reground yourself.



### FIGHT OR FLIGHT WORDS

Awful  
Fail  
Never  
Impossible

VS.

### COPING WORDS

Manageable  
Learn  
Rarely  
Challenging



1

#### LOOK

Look at how powerful these words are, and how easy it is to dial them—and the anxiety that they create—down.

2

#### GENERATE

In a group, come up with a list of Fight or Flight words (that you tend to use a lot), and rephrase them into coping words. Think of at least 8.

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3

**FROM COPING TO COMFORT**

Individually or in pairs, fill out your own Creative Coping Card, which lists your go-to comfort words that you can go to when you're in the middle of a stressful situation. You can come up with more than one for each category!

**Your Comfort Words**

**HAPPY PLACE** \_\_\_\_\_

*Imaginative or real, what place makes you feel joyful, relaxed, good?*

**COMFORT FOOD** \_\_\_\_\_

*What dish, snack or treat makes you feel cozy and satisfied?*

**A PERSON OR PET** \_\_\_\_\_

*Who makes you feel loved and safe?*

**WHAT ELSE?** \_\_\_\_\_

*Could be a song, a favorite TV show, a comforting smell or item of clothing.*

**Write them down and commit them to memory so that  
whenever you need a break, they're there for you**

**Reflections & Actions**

**Keep adding to your comparison list of Fight & Flight vs Coping Words, so that it serves as a constant reminder that this is an easy trick to dial down the stress in your own brain.**

_____	_____
_____	_____
_____	_____

**Carry your Creative Coping Words with you if it helps - it's always good to know that you can get them out and use them to transport you to a different place whenever you wish.**