

# DEALING WITH FEELINGS

What COLOR are you feeling today?



Is your  
feeling  
going up to  
RED?



STOP



THINK



BREATHE

Things you can try to  
go back to GREEN



# FEELINGS CHART



**VERY HAPPY**



**HAPPY**



**CONTENT**



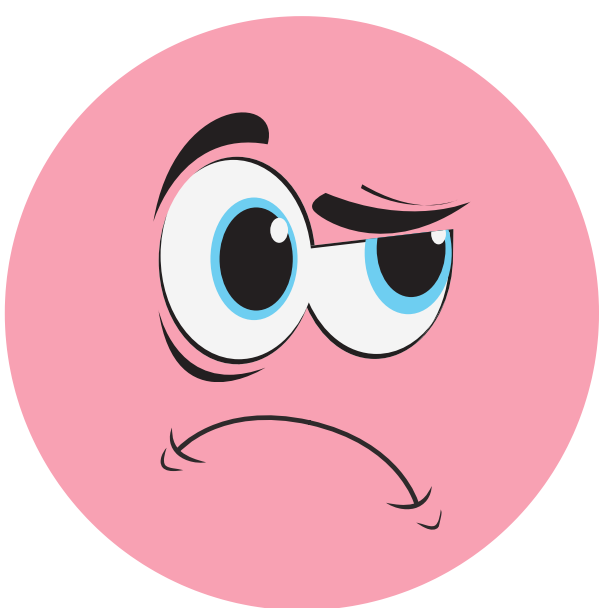
**EXCITED**



**WORRIED**



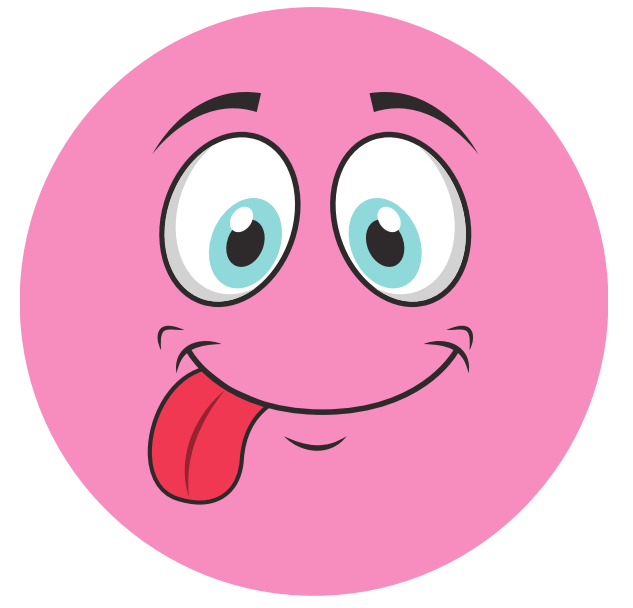
**SAD**



**CONFUSED**



**ANGRY**



**SILLY**



**SCARED**



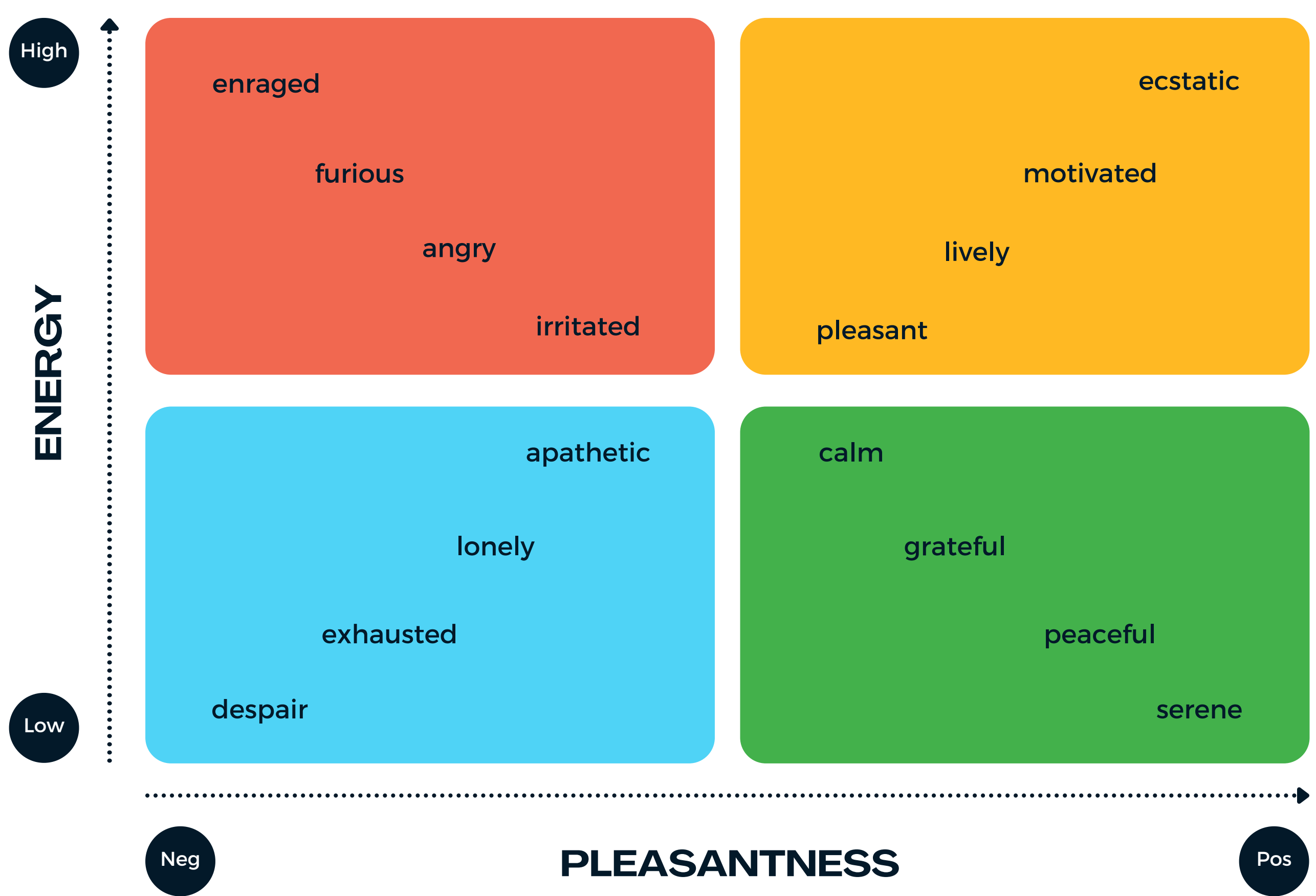
**HURT**



**TIRED**

# MEET YOUR MOOD METER

The mood meter shows us that everyone has a variety of emotions or feelings. They can range from positive to negative and from low energy to high energy.



Identifying where our feelings are in the meter can help us find ways on how to address them. For example, if we have a negative emotion that is in high energy, we can think of ways to calm down and move away from thinking negatively. We can do this for ourselves or even to help out a friend or a family member.

ANNOYED	FOND	LIVELY	SKITTISH
ANXIOUS	FRIENDLY	LONELY	SULLEN
CHEERFUL	GLAD	MISTREATED	THOUGHTFUL
CHERISHING	HELPLESS	MORTIFIED	THRILLED
DEFEATED	HOPEFUL	OSTRACIZED	UNCOMFORTABLE
DEFENSIVE	INCOMPLETE	OUTRAGED	UNSURE
DISTRACTED	INFERIOR	REGRETFUL	WORRIED
ECSTATIC	INTIMIDATED	REJECTED	WITHDRAWN

Sources:  
<https://www.ps120q.org/mood-meter>  
<https://tomdrummond.com/app/uploads/2019/11/Emotion-Feelings.pdf>



**BE  
GENUINELY  
CURIOUS  
ABOUT  
OTHERS**

**VALIDATE  
OTHERS'  
FEELINGS.**

**IMAGINE  
YOURSELF IN  
OTHERS'  
SHOES.**

# **EMPATHY**

**THE AWARENESS OF THE  
FEELINGS OF OTHERS**

**SHARE WHO  
YOU ARE**

**BE AN  
ATTENTIVE  
LISTENER**

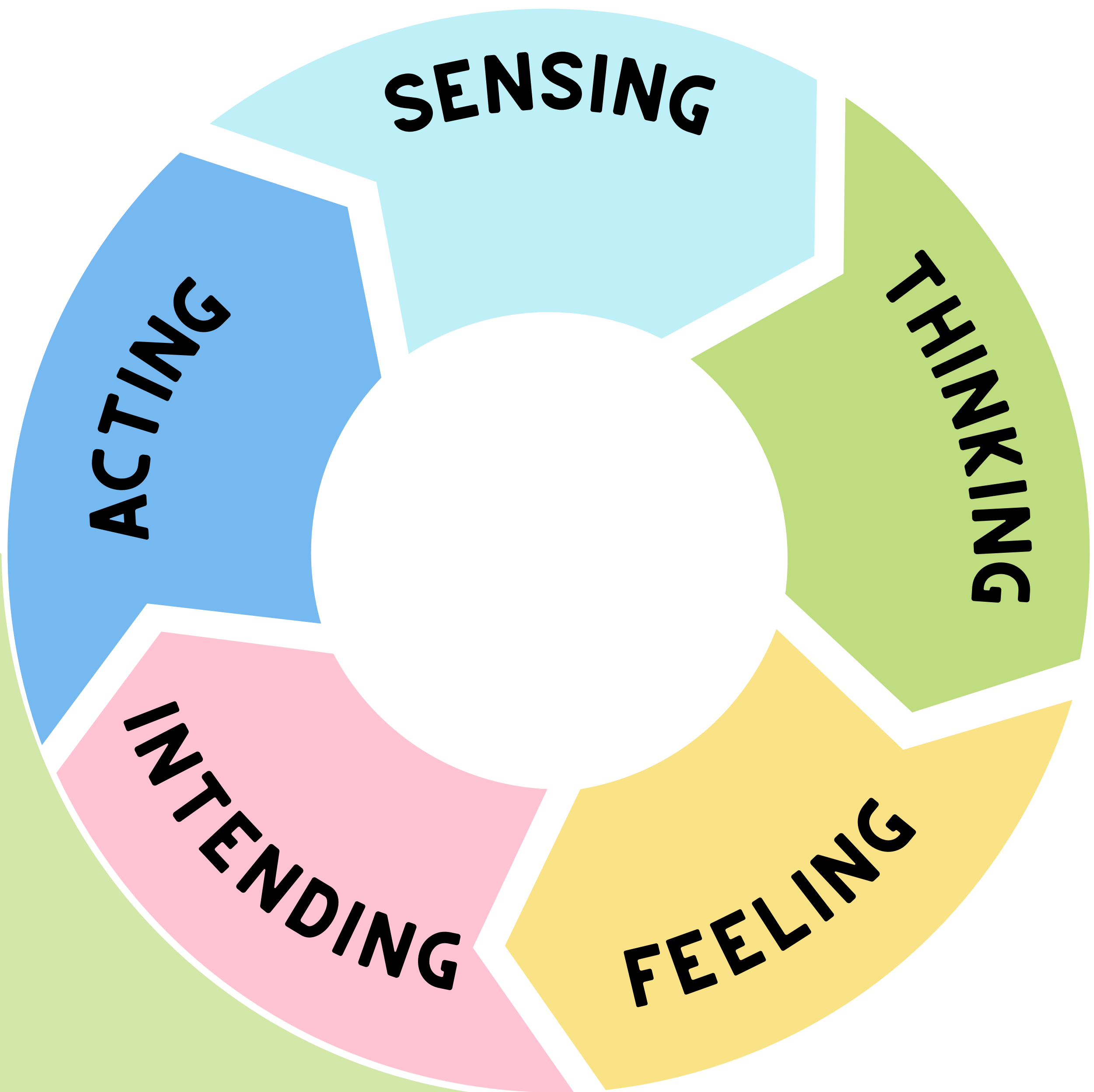
**DISCOVER  
SIMILARITIES**

# **THE AWARENESS**

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## **WHEEL**

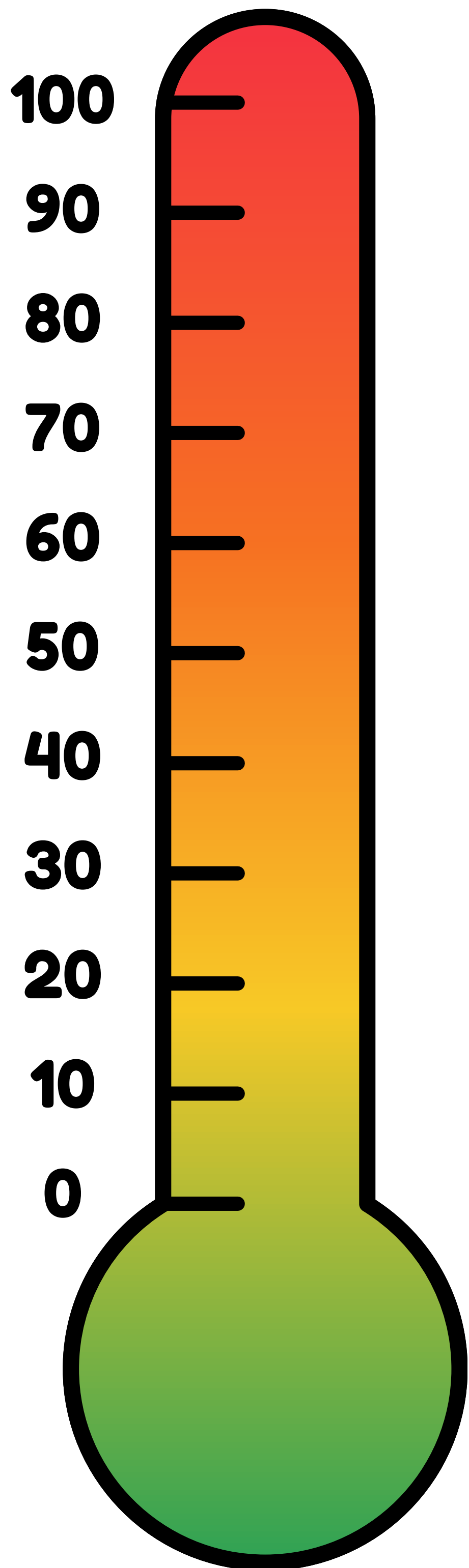
**UNRAVELING MISCOMMUNICATION**





# How Distressed Am I?

**Subjective Units of Distress Scale:** A Self-Assessment Tool



**Unbearably upset. Can not function.**

**Extremely distressed.**

**Very distressed. Trouble focusing.**

**Quite distressed. Discomfort interfering with functioning.**

**Moderate to strong distress.**

**Moderate distress. Uncomfortable but still functional.**

**Mild to moderate distress.**

**Mild distress but able to function.**

**Slightly distressed, sad or anxious.**

**No distress. Alert, concentrating.**

**Peace. No distress. Complete calm.**

HOLISTICSPEECH.ORG

# Words for My Feelings

Did you know that there are several words for our feelings? Check them out.

Feeling happy?



You can also be feeling:

Cheerful  
Joyful  
Glad  
Wonderful

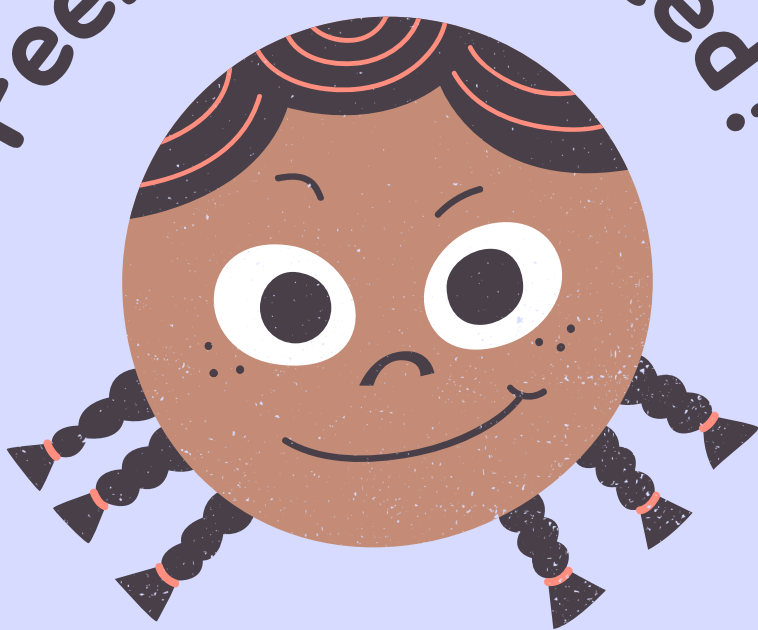
Feeling sad?



Maybe you're also feeling:

Gloomy  
Blue  
Down  
Unhappy

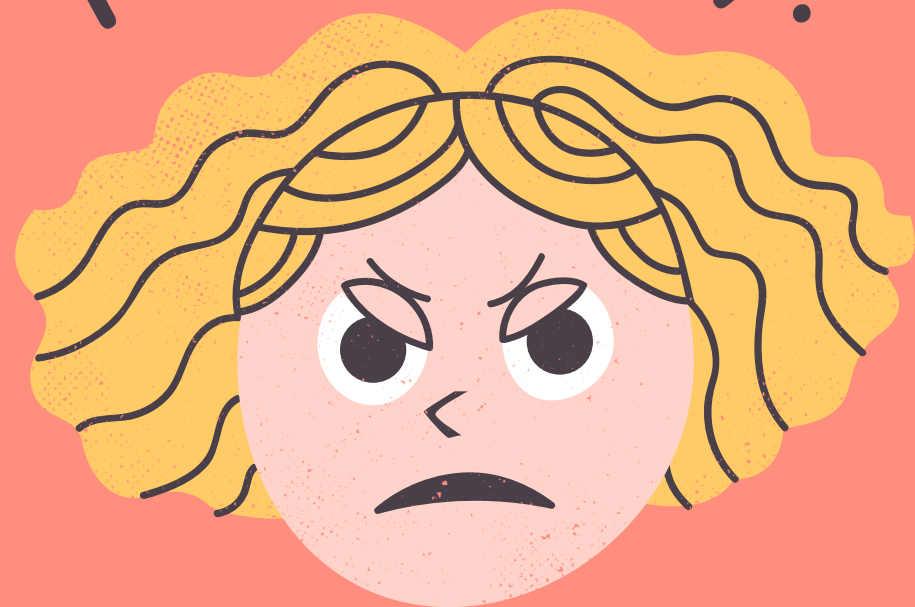
Feeling energized?



You can also be feeling:

Inspired  
Curious  
Creative  
Focused

Feeling angry?



You can also be feeling:

Mad  
Annoyed  
Frustrated  
Furious