

Experiencing a wide range of emotions is part of the human experience. With RULER, we can be smart about how we handle the range of our emotions.

The Mood Meter is a tool that helps people of all ages build the RULER skills of emotional intelligence. It helps us understand how our emotions influence our thinking and behavior, and it empowers us to recognize and label our full range of emotions and manage them more skillfully. These skills help us get along with others and make better choices in our lives.

The Mood Meter provides space for all emotions – and, in this way, shows us that all emotions are okay. Even unpleasant emotions, though they may feel uncomfortable, can serve us in certain situations. With the Mood Meter as our guide, we can develop strategies to deal with our feelings in ways that achieve our goals

## Understanding the Mood Meter

The horizontal line on the Mood Meter represents how pleasant a person feels, ranging from extremely unpleasant (far left) to extremely pleasant (far right). The vertical line on the Mood Meter represents the physical energy a person feels, from extremely low (bottom) to extremely high (top).

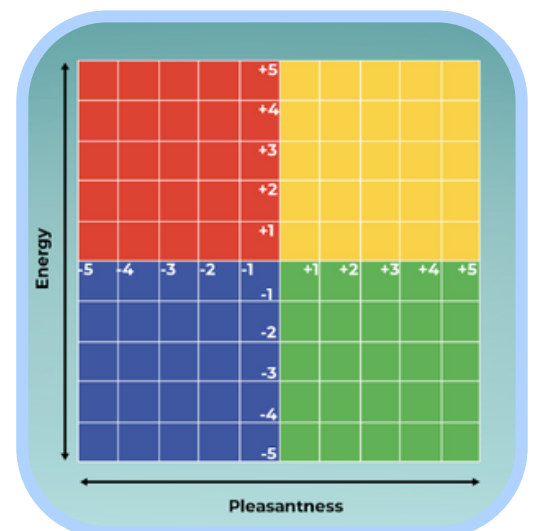
The horizontal and vertical lines create four colored quadrants, each representing emotions that are categorized below:

**Blue** – unpleasant, low energy (like sad or lonely)

**Red** – unpleasant, high energy (like angry or afraid)

**Yellow** – pleasant, high energy (like joyful or excited)

**Green** – pleasant, low energy, pleasant (like included or relaxed)



## Using RULER to Check in on the Mood Meter

We can use the Mood Meter to develop and practice each RULER skill.

### Recognize

**R** First, consider the horizontal, x-axis: how pleasant do you feel? Assign yourself a number from -5 to +5. Next, consider the vertical, y-axis: how much energy is running through your body? Assign yourself a number for energy from -5 to +5. Lastly, use your two numbers to plot yourself on the Mood Meter by starting at the origin in the middle of the graph, moving left or right for your pleasantness number and then up or down for energy

### Understand

**U** Now that you have plotted yourself, consider what caused you to feel this way? What may have happened that made you feel the way you feel?

### Label

**L** What word best describes your feeling? Try to be as specific as possible.

### Express

**E** How are you expressing this feeling? What about your facial expression, body, voice, words, and actions may align with how you are feeling? Is the way you are expressing your feeling helpful for the current situation?

### Regulate

**R** What strategy will you use to feel more, less, or the same as what you are feeling? Is your current feeling helpful? If so, what will you do to continue feeling that way? If not, what could you do to shift the feeling?

The more we use the Mood Meter to practice the RULER skills, the better we will become at handling the range of emotions we experience every day.