

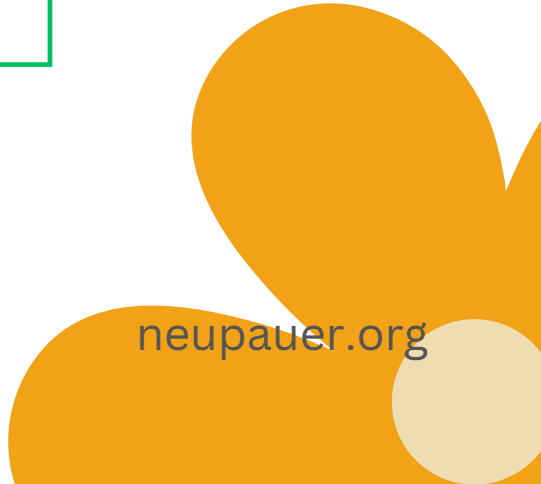
Our Team Mood Meter

How are you feeling?



HIGH ENERGY						
LOW ENERGY						
	LOW PLEASANTNESS			HIGH PLEASANTNESS		

For more information I recommend you read Permission to Feel by Marc Brackett, Ph.D.



How to use the mood meter

With your teams

- Allow at least 1 hour for this exercise in a relaxed environment, provide refreshments and don't forget biscuits and maybe some fruit.
- Get your team to think about different emotions they feel daily, weekly, monthly or during high/low stress times.
- Write all feelings/emotions down on post-it-notes or notepad.
- Looking at the grid, you have high energy/low energy and low pleasantness/high pleasantness feelings divided by colour.
- Discuss, as a team, where you'd put those feelings/emotions. This is where you need time - different people have different way of experiencing some emotions. E.g. for some, feeling overwhelmed can be high energy, low pleasantness feeling but for others it can be low energy emotion when they close off and need time to think.
- Fill in the mood meter and re-visit after 14-30 days to see if those emotions are really what your team experiences, has there been an increase/decrease in some emotions? If so, what is the reason?
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Why is this important?

Emotions are behind everything we do and understanding how your team and individual within it are affected can help you to understand their behaviour.

Doing this as a group exercise will also show others how different we are, which, in turn, will encourage better understanding and even clarifying instead of assuming why someone does what they do.

If you would like to learn more about Emotional Intelligence and how better knowledge can improve your team moral, contact us at mia@neupauer.org. We offer variety of session from 3 hours to a ongoing training courses, tailored to your needs.

Few emotions to get you started but feel free to use your own...

Energized Optimistic Annoyed Easy-going Depressed Worried Happy Overwhelmed Carefree Anxious

Relaxed Annoyed Lonely Balanced Troubled Hopeless Livid Thoughtful Upbeat Tired Inspired Calm

Bored Stressed Discouraged Secure Focused Tense Content Fulfilled Irritated Exhausted Comfortable

Excited At ease Furious Disheartened Apprehensive Lively Motivated Satisfied Drained Proud

How to use the mood meter

With your child or family member

- Allow plenty of time and when your child is content. This can be a great way to bond with your child so find the right time for you and them.
- Talk about different emotions and feelings your child and you are experiencing, giving examples of events that may have happened.
- Write down a list of different feelings/emotions and where on the scale they would fit. With younger children, you can only have 3 emotions per colour and build on that.
- In the following days/weeks, ask about how they're feeling and also share your emotions - the good, the bad and the ugly. Discuss what happened prior to that, especially if emotions led to behaviour. Make sure you talk about all emotions, not just those with negative impact.

Where to find more information?

- Permission to Feel by Marc Brackett, Ph.D is a great book to explore and manage feelings.
- The Chimp Paradox by Prof. Steve Peters talks about our brains being 'hijacked' by the chimp and how to deal with it effectively
- The Hidden Chimp by Prof. Steve Peters is a workbook for children from the age of 8

Please note, this is not a therapy tool and should only be used to help with communication about emotions. If you have concerns about your child, seek professional help or speak with your child's teacher.

I have used this tool both with my 6 year old son as well as in a business setting as part of Emotional Intelligence training and great tool to help you to get to know how different emotions affect people in different ways. With my son, it helped him to understand that emotions are part of who we are as human beings and by understanding what he's feeling, it helps him to communicate his needs with others better.

For more information get in touch at mia@neupauer.org