

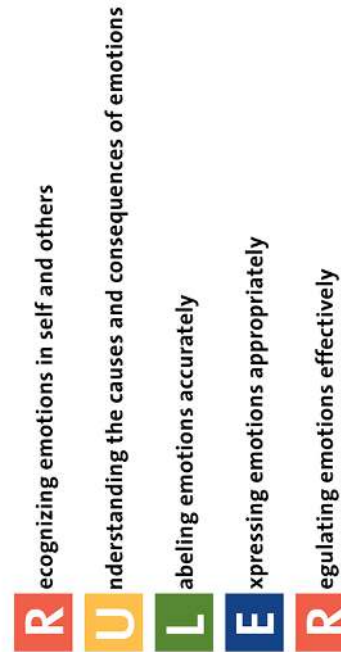
# GREEN

If you're feeling...  
Cooperative  
Peaceful  
Calm  
Safe  
Relaxed

Being in the green is a good place to be for concentration and productivity. Being in the green is also a great place to be for working collaboratively, giving or receiving feedback, and taking time for self-reflection.

## Want to move out of the green?

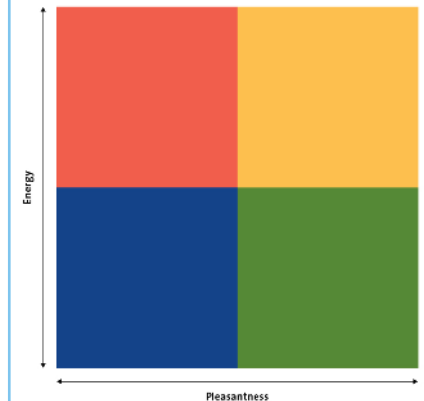
Try listening to upbeat music and standing up to get some blood flowing. Take a walk to boost your energy and get some fresh air. Use self-talk to remind yourself of something that inspires you about your work.



The Mood Meter is a tool to build self and social awareness. It can be used to develop all of the RULER skills.



## Mood Meter Strategies



Yale Center for Emotional Intelligence

[ei.yale.edu](http://ei.yale.edu)

# RED

If you're feeling...

Irritated  
Angry  
Frustrated  
Stressed  
Anxious

Now is a good time to write a persuasive argument or advocate for something you believe in. Being in the red helps us get things done or rise to a challenge.

**Want to move out of the red?**

Try going for a walk, listening to your favorite music, or taking a few slow deep breaths to clear your head and calm your body. Use self-talk (e.g., "This is part of my day, but it does not define my day"). If someone else is involved in a situation that puts you in the red, take a moment to think about their feelings or perspective.

# BLUE

If you're feeling...

Sad  
Discouraged  
Disappointed  
Depressed  
Bored

Now is a good time to work on a project by yourself, especially a project including proof-reading, editing, or critical thinking. Being in the blue helps us feel empathy.

**Want to move out of the blue?**

Try listening to music, talking with a friend or coworker, or having a snack or coffee. Use self-talk to remind yourself of the big picture or try positive reframing - putting a positive spin on a situation. If someone else is involved in a situation that puts you in the blue, take a moment to think about their feelings or perspective.

# YELLOW

If you're feeling...

Happy  
Motivated  
Energetic  
Productive  
Excited

Now is a good time to start a new project, have a brainstorming or problem-solving session with your team, or work on a creative project. Being in the yellow is a good place to be for checking things off your to-do list!

**Want to move out of the yellow?**

Try turning one of your meetings into a walking meeting to use some energy. Take slow deep breaths, listen to calm music, or move to a workspace where you can be alone (if possible).