

campus
peer
support



Canadian Mental
Health Association
Mental health for all

How are you feeling?

Bringing awareness to how we are feeling and expanding our vocabulary to describe those emotions is an important part of self-care. It is also a key component of being able to support someone else, such as in peer support situations. Our emotions direct our attention, what we remember and what and how we learn!

So, we need to build our skills at recognizing our emotional state in a way that is based on curiosity and **not** judgement! Emotions are just data points or information for us to consider. If we see our emotions as opportunities to listen and learn about what's going on, potentially below the surface, we can better connect and honour what's behind those emotions.

Steps

1. Use the grid on the next page to identify your feelings right now!
2. Ask yourself: Am I feeling up or down? Pleasant or unpleasant? Energized or depleted? Don't search for the precise emotion but rather discover the general area where your mood exists in the Mood Meter.

Note:

Human emotions have two core properties you will notice in the mood meter: ENERGY and PLEASANTNESS. Your body will be sending you clues to pay attention to. Notice how your emotions shift your thoughts, energy, or body language. Notice how your body feels when experiencing high or low energy. And, notice the nature of your thoughts when you feel low or high pleasantness.

Go further:

Download the Mood Meter app: <https://moodmeterapp.com/>

mood meter

What quadrant are you in right now?

What words come to mind to describe what you are feeling?

Do you want to stay here or shift? (It's okay to stay where you are! Sometimes we want to stay sad or angry!)