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.
<table>
<thead>
<tr>
<th>RED</th>
<th>BLUE</th>
<th>YELLOW</th>
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| **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 a little 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. |
| **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. |
| **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). |