Green Strategies

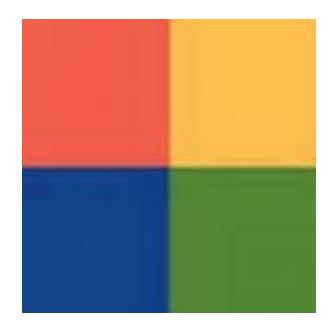
When you are in the green, your energy is LOW and your feelings are PLEASANT. Your goal may be to increase your energy level or maintain your mood. Feelings found in the green include:

- Calm
- Content
- Peaceful



STRATEGIES that can help you to be your best self when you are in the green include:

- Positive self talk
- Practice silence
- Draw, write, or listen to music
- Think about the people and things you are grateful for
- Spend time outdoors





To learn more about the RULER Approach, visit: http://ei.yale.edu/ruler/



Building Emotionally Literate Schools

Recognizing

Understanding

Labeling

Expressing

Regulating

Mood Meter Strategies



In this little book you will find strategies to help you manage any mood!

Red Strategies

When you are in the red, your energy is HIGH and your feelings are UNPLEASANT. Your goal is to change your mood. Feelings found in the red include:

- Angry
- Scared
- Nervous

STRATEGIES that can help you to be your best self when you are in the RED include:

- Taking deep breaths
- Counting in your head
- Talking to someone you trust
- Giving yourself a time-out or walking away until you are calm
- Knowing when to let it go
- Solving the problem or doing something to change the situation
- Re-frame or change the way you are thinking about the situation

Blue Strategies

When you are in the blue, your energy is LOW and your feelings are UNPLEASANT.

Your goal is to change your mood. Feelings found in the blue include:

- Sad
- Bored
- Lonely

STRATEGIES that can help you to be your best self when you are in the blue include:

- Do something active
- Remind yourself that feelings change
- Talk to someone you trust
- Write or draw
- Listen to a favorite song
- Positive self-talk
- Write about how you are feeling in a iournal
- Focus on all that is going well in your life and count your blessings

Yellow Strategies

When you are in the yellow, your energy is HIGH and your feelings are PLEASANT.

Depending on what you are doing at the time, your goal might be to change or maintain your mood. Feelings found in the yellow include:

- Excited
- Joyful
- Ecstatic



STRATEGIES that can help you to be your best self when you are in the yellow include:

- Helping others
- Positive self-talk to help you stay in the yellow or move to the green
- Focus on being your best self and doing your best work
- To lower your energy level, you can take deep breaths or count in your head
- Do something active and fun with someone you enjoy being around