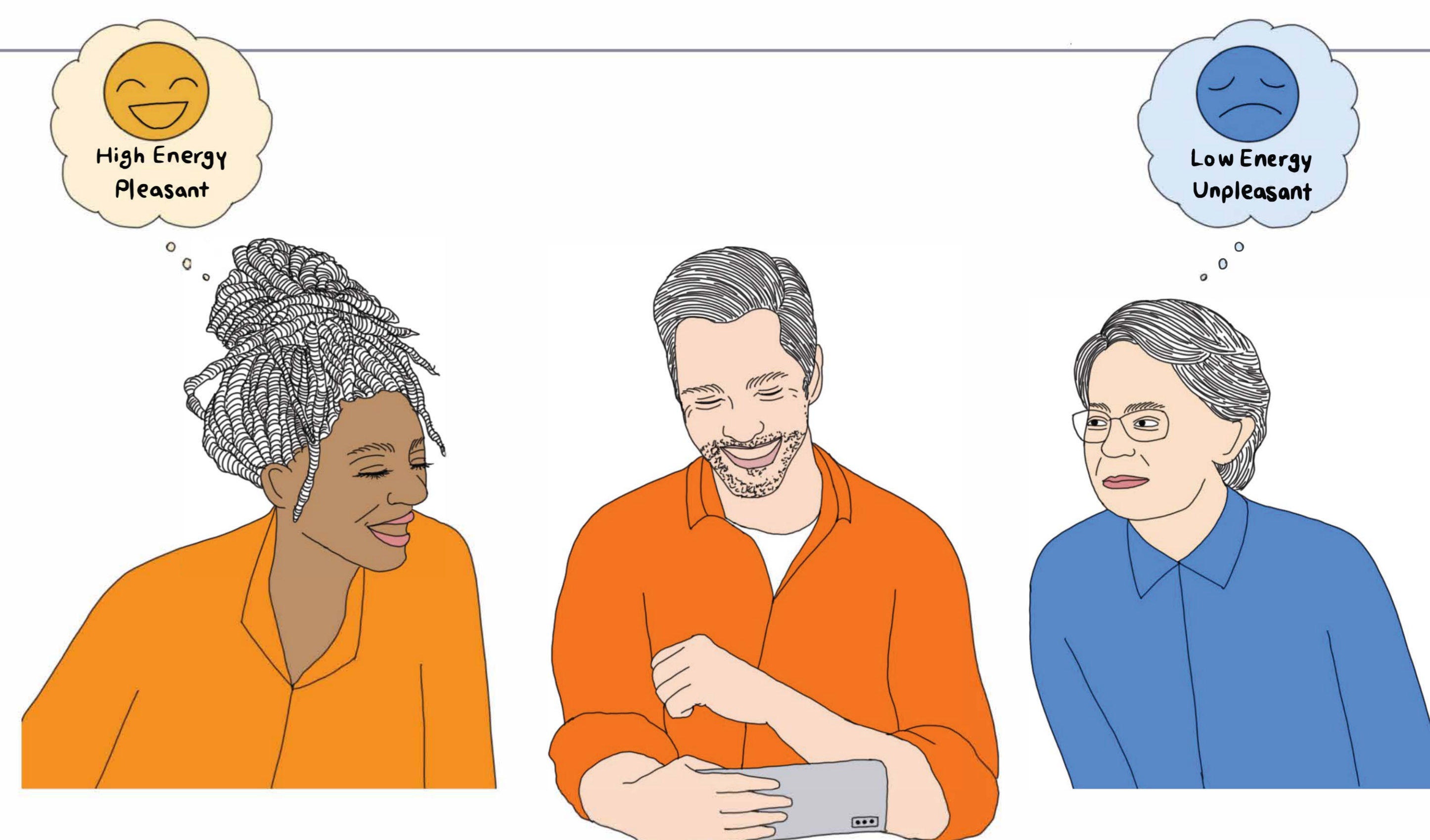


Meet the Mood Meter



The Mood Meter is one of the tools available in [Oji Emotions](#). It helps you recognize your emotions – as well as others – by building your emotional vocabulary. The Mood Meter organizes emotions in two dimensions: **pleasantness** and **energy**.

On the Mood Meter, the horizontal (left to right) axis represents how pleasant or unpleasant we feel. On the far left are emotions that are very unpleasant, in the middle, you'll find neutral emotions, and on the far right, we find the most pleasant emotions we've ever felt.

The vertical (up and down) axis reflects emotional energy: the amount of physical energy running through your body. At the top of the Mood Meter, you'll see the emotions with the highest energy level while low energy emotions are listed at the bottom.

To make it easy to navigate the Mood Meter, we divide it into four quadrants, each with a color.

1

Red Quadrant

The **red quadrant** contains unpleasant, high-energy emotions like **anxiety, rage, frustration, anger, and fear**.

2

Blue Quadrant

The **blue quadrant** includes feelings that are low energy and low pleasantness like **disappointment, sadness, discouragement, hopelessness, and loneliness**.

3

Green Quadrant

The **green quadrant** includes emotions that are pleasant but lower in energy such as **calm, relaxation, serenity, contentment, and balance**.

4

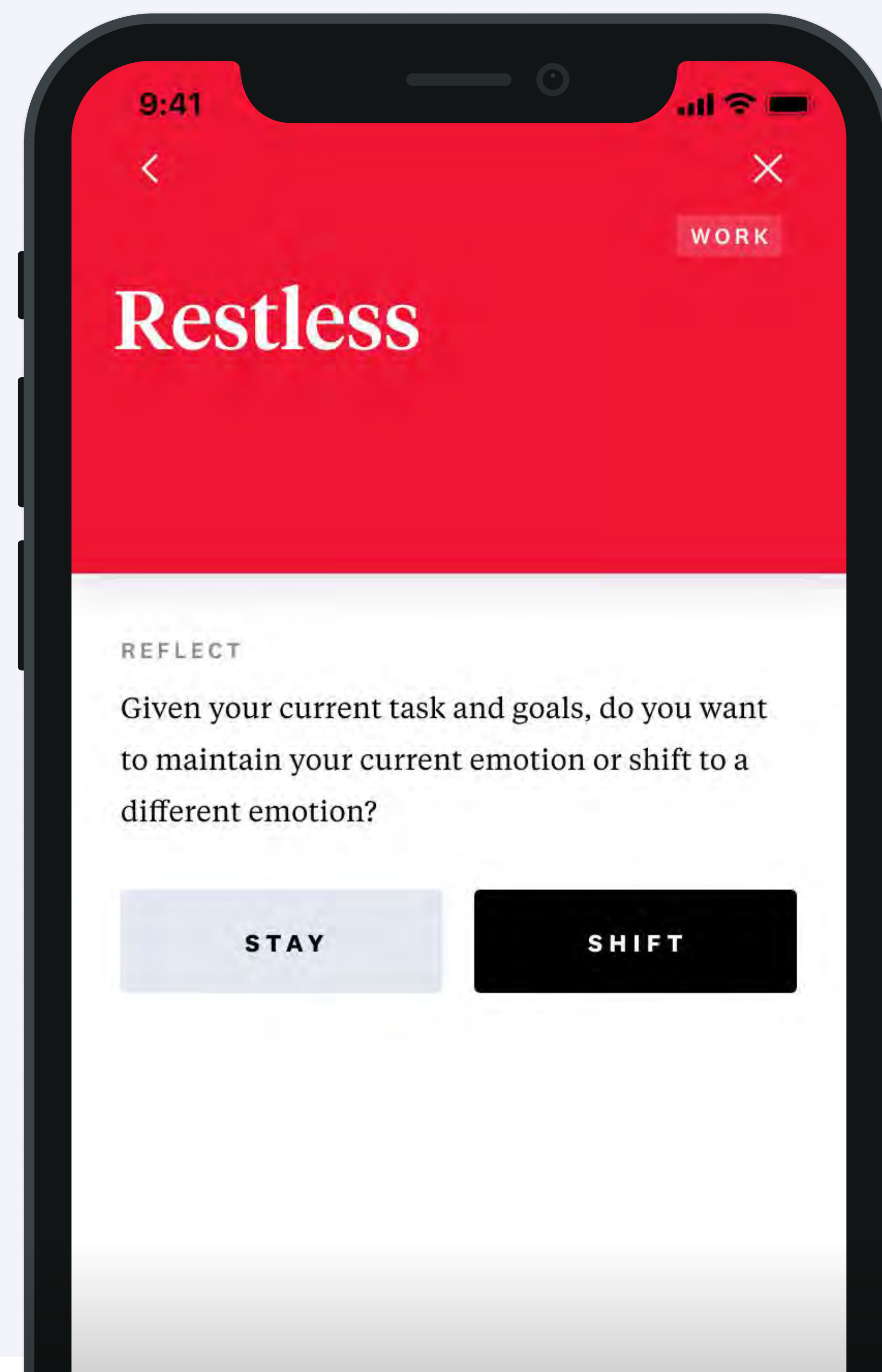
Yellow Quadrant

The **yellow quadrant** captures pleasant, high-energy feelings like **joy, excitement, enthusiasm, elation, and empowerment**.

Now that we've mapped out the Mood Meter, we can explore how we can use it to **regulate** our emotions.

As we said, emotions just happen – we can't choose them ahead of time. We can, however, use specific techniques to shift whatever emotion arises to a quadrant that is more conducive to the task at hand. As a manager, you can apply these concepts to your own emotions as well as your team's.

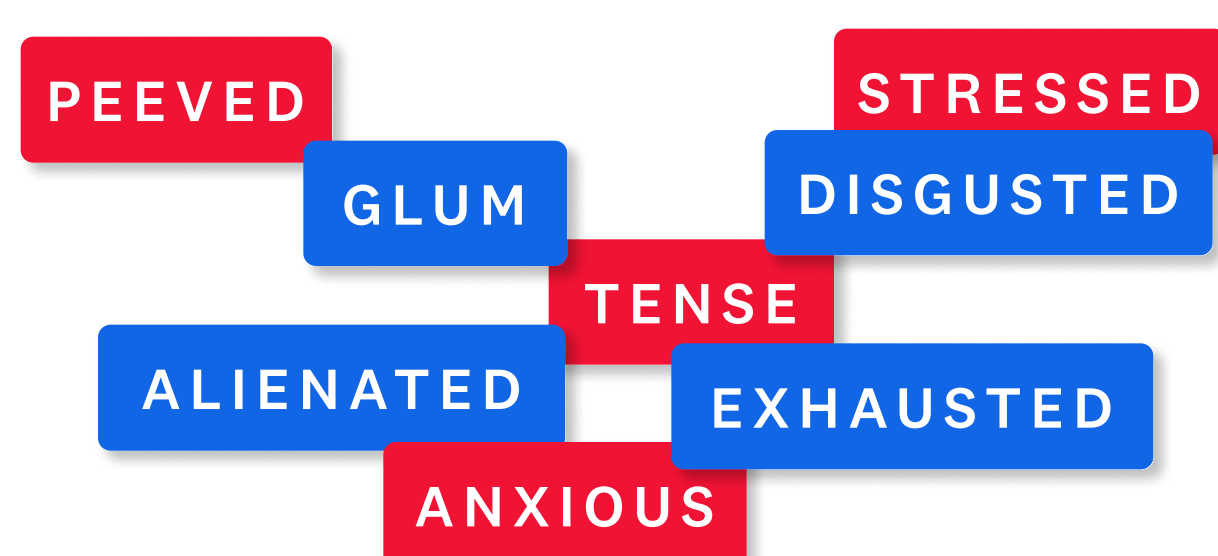
When you help your team shift their emotions, we call it **co-regulation**.



Yellow and green quadrant emotions are helpful when working solo and in group settings.



Blue and red emotions – because they entail unpleasant emotions – are most helpful when working solo.



At a high level, the emotions in each quadrant tend to be supportive in a specific set of circumstances.

Strategies to regulate into the yellow and green quadrants are very useful, and we more commonly look for regulation strategies to get out of the red and blue quadrants, because of their unpleasantness.

This chart reveals activities that are a good match for each quadrant and lists regulation strategies you can try to help you shift to that quadrant.



Red Quadrant Activities

- Write a persuasive argument.
- Advocate for something you believe in.
- Take on a task that requires a little more fire or “umph.”



Blue Quadrant Activities

- Work on a project by yourself, particularly one that requires careful attention such as proofreading, editing, or critical thinking.
- Have a conversation with colleagues or family members where it’s particularly important to exhibit empathy.



Green Quadrant Activities

- Tackle a task that requires deep concentration or high output.
- Work collaboratively.
- Give or receive feedback.
- Take time for self-reflection.



Yellow Quadrant Activities

- Start a new project.
- Have a brainstorming or problem-solving session.
- Work on a creative project.
- Check things off your to-do list.



Regulating out of Red

- Go for a walk, listen to your favorite music, or take 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.

Regulating out of Blue

- Listen to music.
- Talk with a friend or co-worker.
- Have 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.

Regulating into Green

- Start a meeting with a breathing exercise.
- Listen to soothing music.
- Find an intimate workspace that’s conducive to quiet conversations.

Regulating into Yellow

- Listen to upbeat music.
- Stand up and get some blood flowing.
- Take your team outside or have a walking meeting.

Source: www.ei.yale.edu

As you learn your way around the Mood Meter, you’ll gain the fluency you’ll need to allow you to recognize and regulate emotions, both for yourself and for your team. With practice, this process can become a habit that you apply in real-time to help you and your team thrive. In time, you may find that you can’t imagine how you managed to manage without the skills of emotional intelligence.

Looking for additional emotional intelligence resources for your leaders and managers? Check out [Oji Emotions](#).

