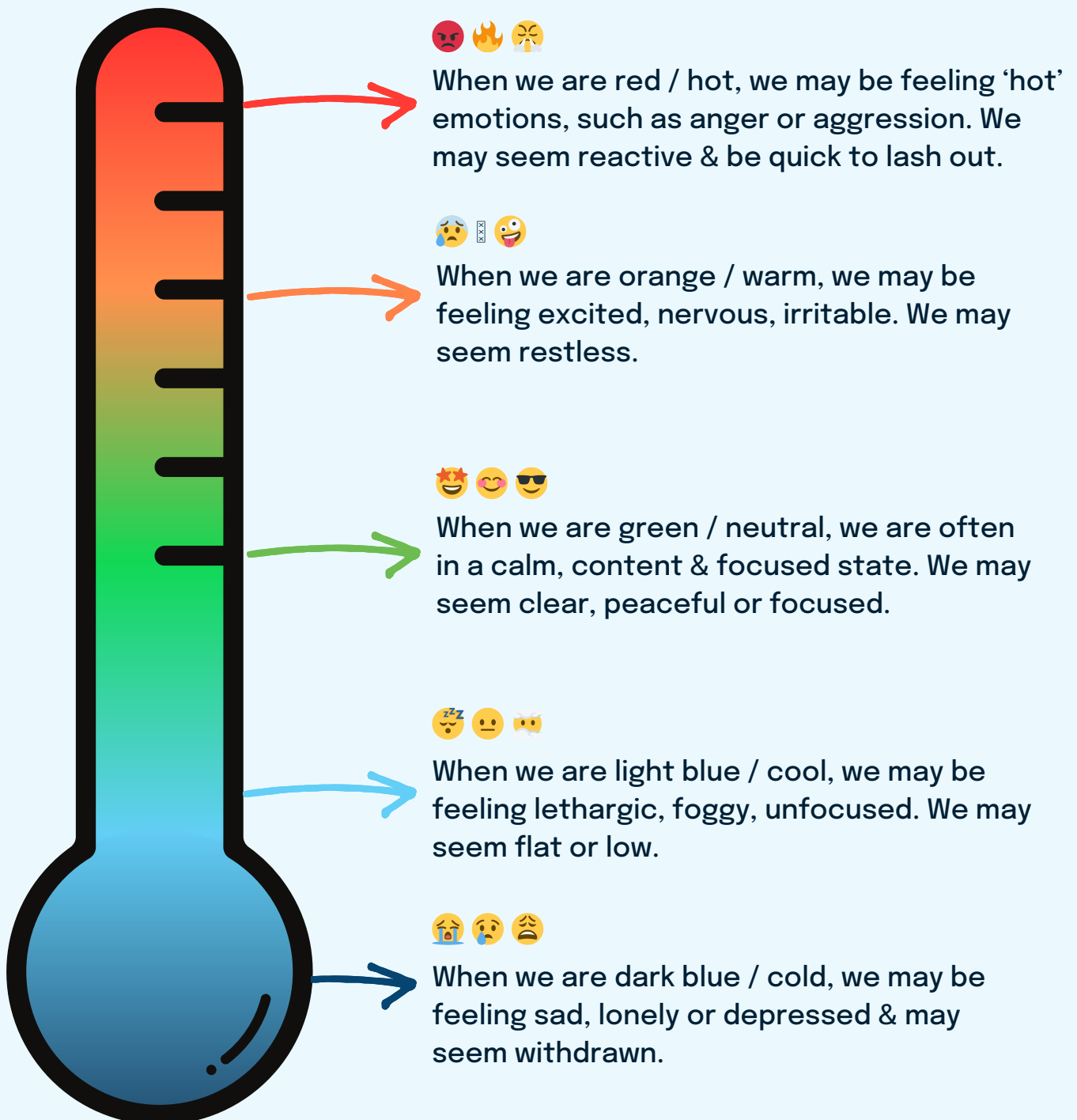


Emotion Thermometer

Our emotions exist in a spectrum. They work to help keep us safe, meaning no emotion is inherently 'good' or 'bad'. When we take the time to identify & understand our emotions, they can help us figure out how we are feeling, why we are feeling that way & what our needs are! One way to think about the range of emotions is as a thermometer, as our emotions can shift through multiple stages & 'temperatures' throughout the day. Use the following pages to think about what each colour/temperature feels like for you & what we can do to help regulate our emotions.



Emotion Thermometer

Understanding the emotion zones

| Colour | Emotions | Why do I feel like this | What can I do? |
|--------|---|---|---|
| | Hot: Angry, upset, frustrated | When we are in this zone, it is hard to think straight. We may feel like this after a big build up, or if something has happened that makes us feel upset or angry. | Shake it off, take a break from your environment, take a deep breath |
| | Warm: Excited, nervous, irritated | It may be that we are on the way to becoming hot. Warm can also be a very normal response to something in our environment, such as excitement before an event. However, being here too often or for too long may take us closer to hot, & feel quite exhausting in the long run. | Shake it off, take a deep breath, speak to someone |
| | Neutral: Calm, focused, clear | This means we have clarity, are able to think & focus, have a good understanding of, & tolerance towards how we are feeling, & we are able to respond to our environment in appropriate ways. In an ideal world, we want to spend most of our time here. | Practice gratitude and mindfulness. Find a way to productively use your energy |
| | Cool: Tired, foggy, unfocused, | Being here may be an indicator that we need to take a break & take some time to rest or recharge. We may be here after a stressful event, such as a busy day, exams etc. Recharging looks different for everyone, for some it might be some quiet time reading a book for others it might look like going for a walk. | Take a break and rest, practice self-care. Do something to replenish your energy. |
| | Cold: Sad, lonely, depressed, withdrawn | These feelings are often internalised, meaning we may seem closed off, withdrawn or isolated. Sometimes, when there is a big build up of feelings, we can shut down as a way to have a temporary break from the intensity of these feelings | Speak to someone you trust, set small manageable self-care goals, be kind to yourself |

Emotion Thermometer

My emotion thermometer

| Colour | When I am this temperature I feel... | Things that make me feel | Things that help me |
|---------|--------------------------------------|--------------------------|---------------------|
| Hot | | Hot/Red: | |
| Warm | | Warm/Orange: | |
| Neutral | | Neutral/Green: | |
| Cool | | Cool/Blue: | |
| Cold | | Cold/Dark Blue: | |