

THE MOOD METER



Energy

Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Brave	Awe	Exhilarated	Ecstatic
Livid	Furious	Frustrated	Tense	Embarrassed	Hyper	Cheerful	Confident	Inspired	Elated
Dread	Frightened	Angry	Nervous	Anticipation	Energised	Amused	Enthusiastic	Optimistic	Excited
Anxious	Overwhelmed	Worried	Jealous	Annoyed	Pleased	Happy	Focused	Proud	Thrilled
Repulsed	Troubled	Concerned	Uneasy	Envy	Pleasant	Joyful	Hopeful	Playful	Blissful
Disgusted	Guilt	Disappointed	Self Pity	Apathetic	Acceptance	Easygoing	Content	Curious	Fulfilled
Pessimistic	Remorse	Melancholy	Sad	Bored	Calm	Secure	Satisfied	Grateful	Touched
Insignificant	Miserable	Lonely	Shy	Tired	Relaxed	Chill	Restful	Blessed	Balanced
Despondent	Depressed	Sullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfy	Carefree
Despair	Hopeless	Desolate	Spent	Drained	Sleepy	Complacent	Tranquil	Cozy	Serene



Remove Labels

Pleasantness



THE MOOD METER



Restore Labels

Energy

Pleasantness





Surprised

Surprise can be the result of a sudden unexpected event which can create a feeling of wonder, amazement or fear.

How your body might look or feel

You might jump, your muscles might tighten, and your heart might start racing. Your hands could tremble and you might put one over your mouth. Your eyes might widen and your eyebrows could raise. Your mouth might drop open as you find it hard to believe what has happened. You might freeze for a moment, unable to move, leaving you feeling vulnerable. You might feel relief when you realise you are safe. When you're surprised, you might let out a noise or move quickly without thinking. If it is a nice surprise, you might feel a lot of happiness. If the surprise isn't nice, you might feel fear.



How this emotion is helpful

Feeling surprised is a reaction to something unexpected. If that thing is good, surprise can be a good feeling. If that thing is not good, surprise can help us move quickly to protect ourselves. Surprise brings us completely into the moment. When we are surprised by an outcome, it can help us learn about things in a new way and to become more curious. Some people like surprises and others do not. Either way, surprises can intensify your emotions.



Brave

To be able to do something that you know is difficult or dangerous, which might push you to your limits, with the hope of achieving something great or doing something good.

How your body might look or feel

You might take a big breath so you can blow away your fears. You could puff up your chest and become really focused on what you need to do. Your heart might feel like it is racing. Sometimes, courage feels like you are just doing the right thing. It's a feeling inside your heart and your tummy that tells you that you need to act in a certain way.



How this emotion is helpful

Courage is all about overcoming our fears. It helps us push aside our fears and achieve the things we want. The more we avoid our fears, the harder it can become to conquer them. Courage helps us move out of our comfort zones SO we can try new things. Courage can make us stand up for what is right by speaking out or protecting someone else. It can make us pursue our dreams and stop us from giving up, no matter how scared we get or how hard the road is to get there.



Awe

An overwhelming feeling, which can be a mix of dread and wonder; inspired by something astonishing.

How your body might look or feel

Your mouth and eyes might be wide open as you take in what you are seeing. You might stand very still. You might be speechless, unable to believe what you are seeing. Your heart may be racing a little and you could feel a bit queasy in your tummy if you are unsure about what is happening.



How this emotion is helpful

This emotion comes up when we feel like something is bigger or more powerful than us, like when we look up at the stars and realise how small we are in the great universe. It brings us into the present moment and helps us to consider that there may be something greater than ourselves. It can help us marvel at the amazing world and universe we live in. Awe is where the word awesome comes from.



Exhilarated

Feeling vibrant and in high spirits; wanting to enliven others.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for handwritten notes describing how the body might look or feel when experiencing the emotion of exhilaration.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for handwritten notes describing how the emotion of exhilaration is helpful.



Ecstatic

Feeling the greatest amount of joy or happiness.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for the user to write down how their body might look or feel when they are ecstatic.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for the user to write down how the emotion of ecstasy might be helpful.



Hyper

Feeling energetic and like you want to move or jump around.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly torn paper edge effect at the bottom, intended for writing notes about how the body might look or feel when hyper.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly torn paper edge effect at the bottom, intended for writing notes on how the emotion is helpful.



Cheerful

In a good mood and showing it

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for handwritten notes.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for handwritten notes.



Confident

A feeling of being sure about your abilities (self-confidence) means you know what you are good at. You can also feel confident of another person when you trust their abilities. When you feel confident, you might also feel certain.

How your body might look or feel

You feel full of energy with a slight smile on your face. You walk tall with your shoulders back, feeling happy to be you. You feel like things are going to work out and you trust yourself. You have a feeling of strength within yourself. You might stand in a power pose or with your arms outstretched or with your fists in the air.



How this emotion is helpful

Confidence helps us to get things done as we are more likely to give something a go because we trust our abilities. When we try things because we feel confident, it can inspire others to give things a go. This might make them feel more confident too. When we feel confident, we're more likely to feel happy within ourselves. We know our abilities and we are happy to be who we are. We can stand up for ourselves and we know what we are good at. Sometimes, we look to other people to say nice things to make us feel confident, but the best thing is when we feel confidence within ourselves.



Inspired

When you feel inspired, you feel full of motivation and energy, which guides you to take action.

How your body might look or feel

You might feel energised, like your chest is full of excitement. Your heart might beat faster, and your body might feel warmer. You feel an eagerness to achieve something. Your head might be filled with ideas and hope. You might be smiling as you stand tall, thinking of what you can do.



How this emotion is helpful

This is a great feeling to get us motivated to do something great. When we are inspired by something or someone, it can push us to try something new or push our fears aside. It can keep us from giving up when something is hard. If we achieve success, then we might also inspire others.



Elated

Very joyful or proud

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-edge border. It is intended for handwritten notes describing physical sensations or appearance associated with the emotion of being elated.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-edge border. It is intended for handwritten notes describing the benefits or helpful aspects of the emotion of being elated.



Energised

Feeling wide awake and ready to get up and go.

**How your body might
look or feel**

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**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for handwritten notes.



Amused

When something entertains, makes you laugh or delights you.

How your body might look or feel

You might be laughing out loud or find it hard to keep the giggles contained, with a big smile on your face. You might cover your mouth to try to keep yourself from laughing, or you might just open your mouth wide and let all the good energy out. Sometimes your eyes might close and your head tilt back as you enjoy the moment. You might slap your leg or put your hands on your belly and heart. You might feel relaxed and full of good energy. Your body fills with happiness and joy when you are amused. You might laugh so much you have tears streaming from your eyes or you can hardly breathe.



How this emotion is helpful

This emotion can make us laugh, which boosts our immune system. It also can help us identify other people who find the same things amusing, which helps us to find those we can have a good relationship with. It can be a great emotion to help us relax and boost oxygen intake, which in turn helps us to feel less stressed. Finding things that amuse us can help us feel good and we can share those good feelings with others. It can be hard not to laugh when we see others laugh.



Enthusiastic

A feeling of intense approval, excitement, or enjoyment about something. Enthusiasm comes when you show an interest in something and get great pleasure from it.

How your body might look or feel

Your hands might be clenched in fists as you pump them in the air. Your face might light up, with your mouth and eyes open wide with excitement. You might want to jump up and down or yell out loud to show how enthused you are. You can feel like you have wonderful energy, like electricity running through your body, making you feel really alive.



How this emotion is helpful

Enthusiasm helps us to have a positive and motivated energy. It can help us get things done. Not only will it make us feel good, but that energy can rub off onto those around us, making them feel happier and more motivated. It can help us to enjoy what we are doing, which can make us more creative and productive. Enthusiastic people don't let fear hold them back from doing what inspires them. They believe in themselves and those around them, which can help boost other people's confidence.



Optimistic

When you expect the best possible thing to happen and believe that there is good in the world. When you see the best in a situation and are full of hope.

How your body might look or feel

Optimism feels really good. You might put two thumbs up as a sign that all is good. You might have a big smile on your face. You might gaze upwards as you think about all the good things that could happen in the future. You might feel a sense of lightness and ease. Your muscles might feel relaxed as you feel sure everything will be okay. You feel happy.



How this emotion is helpful

Optimism is helpful because it can make us better equipped to deal with stressful times in life. When we feel optimistic, we're more creative and productive because we believe good things can come from what we do. If we feel optimistic, we can see our failures as things we can learn from, and we can see that there is good in every situation. This helps to combat feelings of disappointment or sadness.



Excited

When you feel full of energy about something that interests you. Usually a happy and enthusiastic state.

How your body might look or feel

Your heart may start racing and you might jump up and down. You might pump your fists in the air. You might want to shout out loud about the thing that is exciting. You might even want to squeal in delight. Your eyes might be wide open, and you might feel energised. Excitement can give you a sensation like butterflies in your tummy and/or sweaty palms.



How this emotion is helpful

Feeling excited gets our bodies into a heightened state, so we are prepared, if necessary, to move or act quickly. It can motivate us and helps make us to be more productive. Excitement also floods the body with good energy and we can share it with others to help motivate them too. Excitement can help us use our imagination to dream about possibilities or opportunities in the future.



Pleased

**When you feel full of energy about something that interests you.
Usually a happy and enthusiastic state.**

**How your body might
look or feel**

**How this emotion is
helpful**



Happy

A feeling of pleasure, delight or satisfaction.

How your body might look or feel

You have a big smile on your face, and it is as if your eyes are smiling too. You feel so good. You might want to laugh out loud or jump in the air. You feel light and full of energy. You might want to share your happiness with others by giving them a hug or smiling at them.



How this emotion is helpful

Feeling happy is important for us, our bodies and everyone around us. Feeling happy is helpful in showing us what is right for us. It shows us the things we love to do or the people we like to spend time with. To feel happy, we must be willing to open our hearts to let happiness in. If we are feeling happy it means we are connecting on a deeper level with our hearts and that we are in the present moment. Happiness can be found in many places and often in simple things. It is good to notice when we feel happy, then we can try to do more of what makes us feel that way. When we feel happy it helps those around us to feel happy too. Happiness helps to reduce stress and pain, and boosts our immune system.



Focused

Full of interest; Paying close attention to something.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for handwritten notes about physical sensations.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for handwritten notes about the benefits of the emotion.

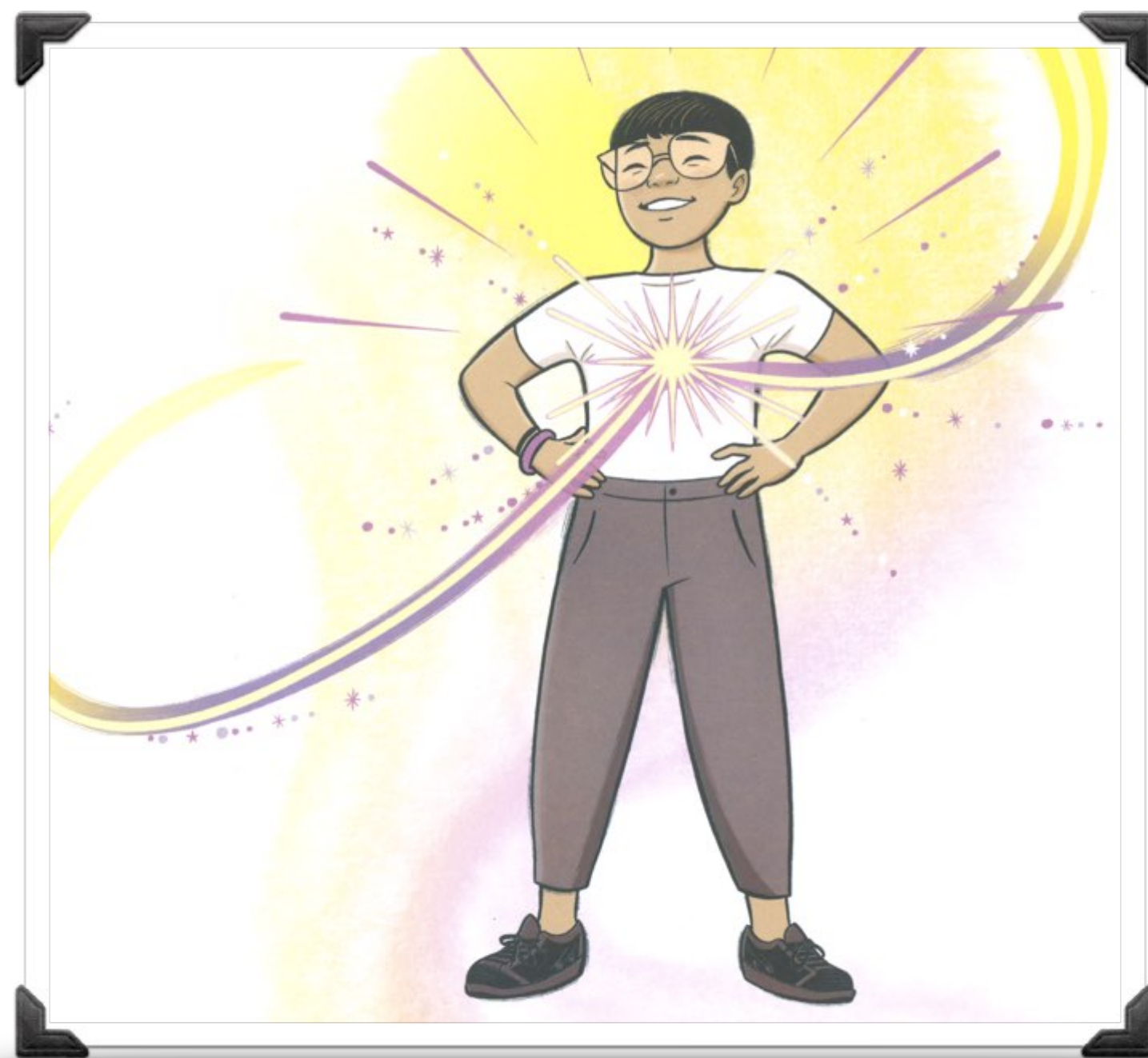


Proud

A feeling of satisfaction or pleasure in yourself, or someone you are close to.

How your body might look or feel

If you are proud of yourself, you might puff your chest out and have a smile on your face. You might stand tall and feel full of energy. Pride can make you feel powerful or great. You may want to hug or give high-fives to other people to show them you are proud of them.



How this emotion is helpful

Feeling pride in ourselves signals that we have done something that makes us feel worthy. It could be that we have worked hard to achieve a goal or dream, and this is a little moment to recognise the work we have put in. Wanting to experience this emotion can make us work hard to be recognised by others for our efforts. However, too much pride can stop us from accepting help. It can make us think we can do everything ourselves.



Thrilled

Feeling filled with sudden intense excitement.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly irregular, torn-paper-like edge at the bottom. It is intended for a user to write down how their body might look or feel when they are thrilled.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly irregular, torn-paper-like edge at the bottom. It is intended for a user to write down how the emotion of being thrilled might be helpful.



Pleasant

Feeling delight and satisfaction.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed or torn bottom edge, intended for notes on how the body might look or feel.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed or torn bottom edge, intended for notes on how the emotion is helpful.



Joyful

An intense feeling of happiness or delight. You might feel it when you succeed at something, help others, receive thanks or have something lucky happen. Often joy can come unexpectedly, when something exciting or wonderful happens.

How your body might look or feel

You feel full of energy. You can't get the smile of your face. You might want to clap your hands together. You might want to jump for joy. You might feel like the happiness is bubbling out of your body. Joy feels really good. You might laugh out loud as the joy bursts out of you. Some people can feel so much joy they are brought to tears. happy tears. It can make you feel like you can't sit still, so you get up and move or dance. Joy can make you feel playful. You might want to share it with everyone. Your eyes almost shine as your smile stretches as wide as it can go. It is as though you are full of beautiful sunshine on the inside.



How this emotion is helpful

Joy can be a huge rush of happiness and energy, which can help you if you need to do something difficult. Joy helps to reduce stress and pain, and it can boost your immune system. Joy benefits your entire body. When you feel joyous, it can spread to other people, making them feel it too.

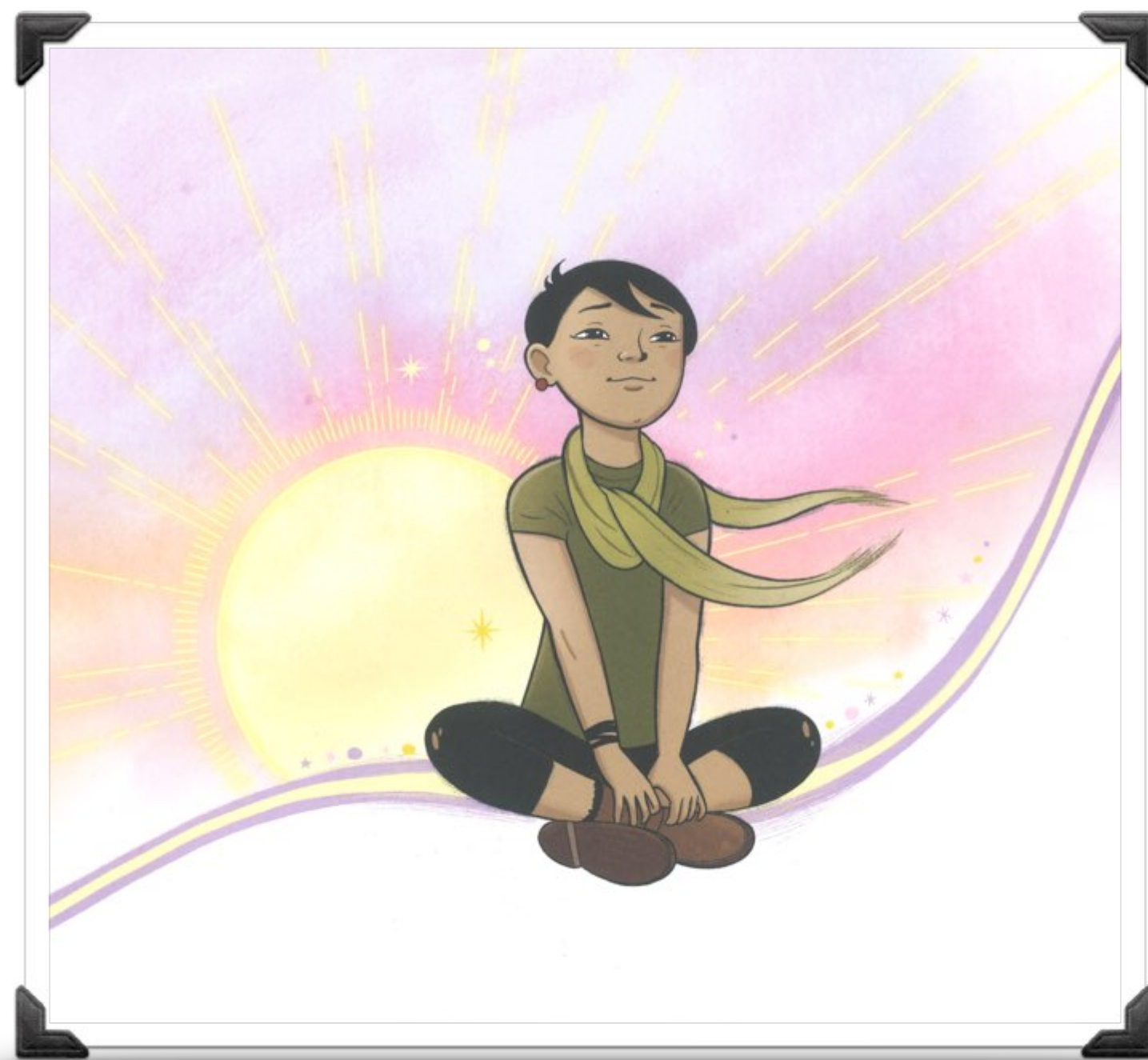


Hopeful

To eagerly anticipate the positive things that could happen in the future.

How your body might look or feel

Your head might be raised looking upwards. Your arms might be stretched out as if you are ready to welcome something. You might have a smile on your face as you anticipate all the positive things that could happen in the future. Your chest might be puffed out as you stand or sit upright and confident.



How this emotion is helpful

This emotion can be important when times are tough. It can help us get through tough times because we believe that there are good times ahead. Hope is a powerful emotion that can make our brains release chemicals that help to block pain. It can also help with our circulation and breathing, which can alleviate stress and anxiety. Other people can make us feel more hopeful for a better future. This emotion can help us dream about things that we want to happen in the future.



Playful

Feeling happy, lighthearted, and creative.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for users to write down how their body might look or feel when they are playful.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for users to write down how the emotion of being playful is helpful.



Blissful

Feeling deeply pleased and perfectly happy.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect, intended for a user to write or draw how their body might look or feel when they are blissful.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect, intended for a user to write or draw how the emotion of blissfulness might be helpful.



Acceptance

A feeling of allowing something to be just as it is and not wanting to change it or knowing that you can't change it.

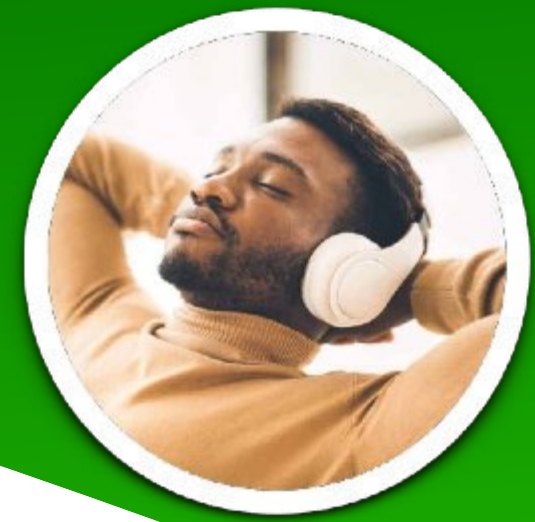
How your body might look or feel

This can be an extremely freeing and peaceful feeling. Your body may be relaxed as you let go of emotions like anger, frustration, or disappointment and feel relief instead. You might feel a stillness within you. You might let out a sigh as you raise your arms wide up to the sky.



How this emotion is helpful

Acceptance helps us to just be, to find comfort even in the uncomfortable. It allows us to let go and not feel the need to fix or change things. To accept that we feel sad means we are okay with allowing ourselves to feel that way. It can also help us with accepting others, just as they are, and being okay with differences. It means we don't have to judge something as 'good' or 'bad'; it just is. Acceptance helps us to deal with the things that we can't control in our lives in a calm way. This can help ease our pain and distress. It helps us to deal with whatever comes our way in life.



Easygoing

Feeling complacent and calm.

**How your body might
look or feel**

**How this emotion is
helpful**

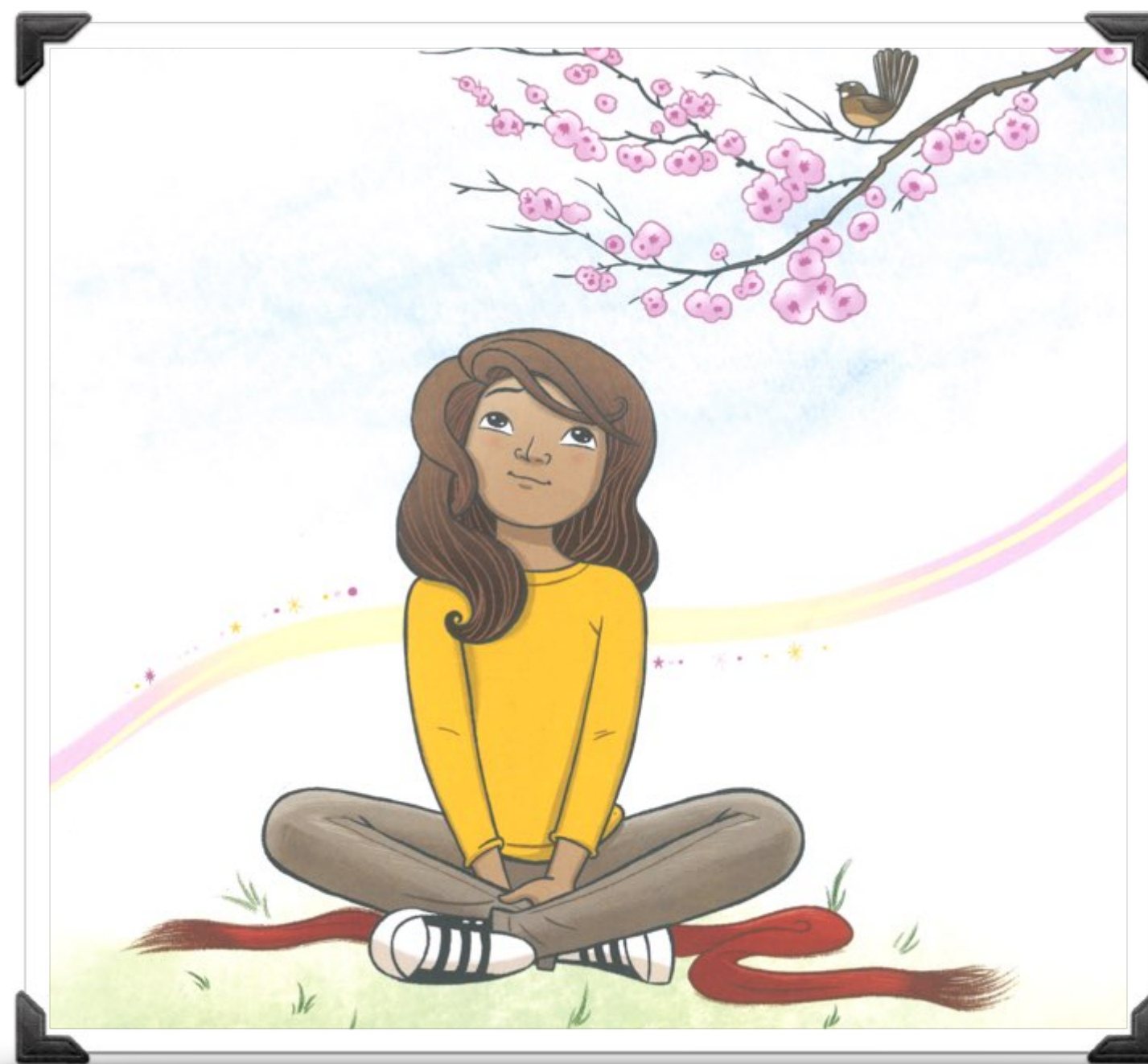


Content

Feeling like everything in the present moment is good. Feeling satisfied deep within yourself for everything you have. Not needing anything more to feel happy. A quiet and meaningful emotion that makes you feel like life is perfect right in this moment.

How your body might look or feel

You might feel calm, peaceful and filled with gratitude or happiness. You might have a soft smile on your face. You might sigh softly, as if letting out a little bit of bliss. It might make you want to find a quiet spot to think about all that is good right now. You might want to just stand still and take in everything around you. A light and warm feeling.



How this emotion is helpful

Contentment tells us that all our wants and needs are taken care of. It lets us know that we feel happy and at peace with the world around us and within us. Contentment tells us that we have more than enough and we don't need anything more to be happy. It also shows us we are living in the moment, not worrying about the future or what has happened in the past. We are content with what we have in this moment. When we feel contentment, we don't feel any need to compare ourselves with anyone else. This feeling often shows us that we don't need a lot of 'things' to make us happy.

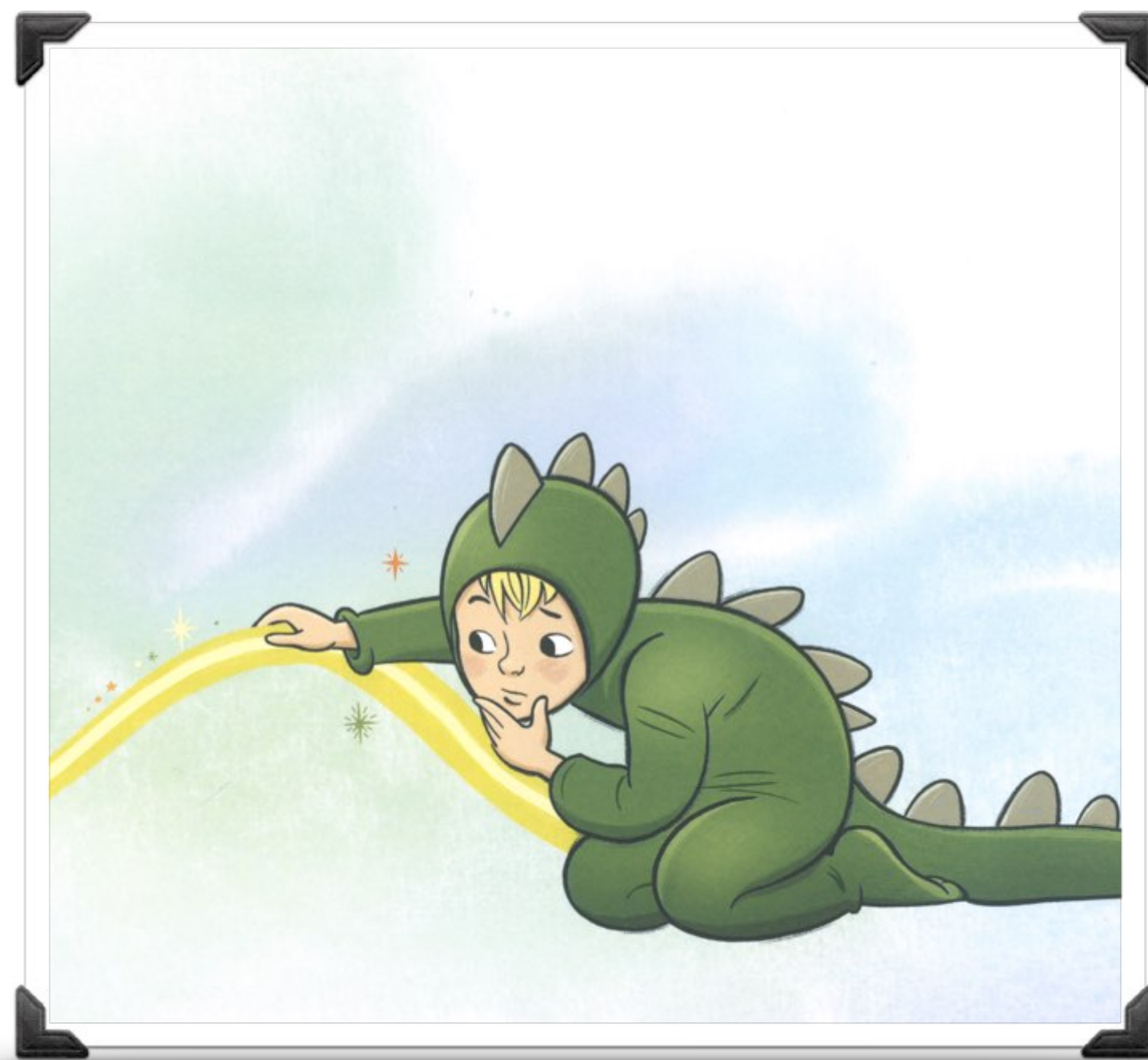


Curious

To be curious is when you want to know or learn about something because you find it interesting or intriguing.

How your body might look or feel

Your eyes might be looking sideways and slightly upwards as you try to work something out. You could have one of your fingers up over your mouth, as if to tell yourself not to speak, to just think. Your senses might heighten as you try to listen or look to find out more information. You might want to lean in to look at something more closely. You could feel a little unsettled as you aren't sure about what you are seeing or what is happening.



How this emotion is helpful

Curiosity motivates us to acquire knowledge and learn new things. Being curious is a good thing, as it makes us smarter because we seek more information. It allows us to see opportunities and make room for new ideas. It can be exciting and fun to find out more about something new.



Fulfilled

Feeling like you have accomplished important personal goals.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for a user to write or draw how their body might look or feel when they are fulfilled.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for a user to write or draw how the emotion of being fulfilled is helpful.



Calm

A feeling of stillness in your mind. It is a very peaceful feeling. When you feel calm, you are not bothered by worries or excitement.

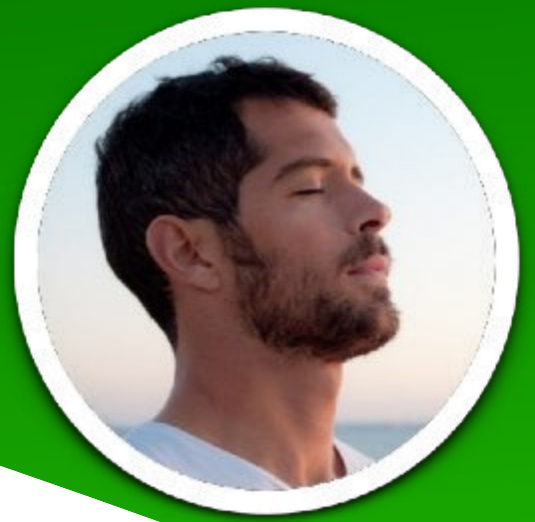
How your body might look or feel

Your body can feel relaxed and still, like you have woken up from a good night's sleep all rested and content. Calmness can feel like nothing can bother you. Your face might be relaxed, not smiling but not frowning either. You might be sitting peacefully. Your mind can feel still and relaxed without lots of thoughts bothering you.



How this emotion is helpful

It is good to learn how to be calm as it will help with strong and/or uncomfortable emotions. Calmness shows us that we can have control over our emotions and that we can feel better no matter what is happening. We can choose to bring ourselves back to a state of calmness instead of staying in other emotions. Things like belly breathing or mindfulness can help us feel calm. Even patting an animal can help us find calm. The more we practise finding calm, the easier it will be to find it when we need it. When we are calm, we may help others around us feel calm too.



Secure

Feeling safe and protected.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn bottom edge, intended for users to write notes about how their body might look or feel when they are secure.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn bottom edge, intended for users to write notes about how the emotion of security is helpful.



Satisfied

Pleased with what you have or with something you did.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed or torn bottom edge, intended for a user to write or draw their response to the prompt above it.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed or torn bottom edge, intended for a user to write or draw their response to the prompt above it.



Grateful

Gratitude; thankfulness when receiving something from another person. When you feel grateful, you appreciate the good in your life.

How your body might look or feel

You might bring your hands together in front of your chest and nod your head as a way of saying 'thank you' with your body. You might feel a sense of love and happiness. You might have a smile on your face. You might feel loved or cared for because someone has done something kind for you. Gratitude can give you a general feeling of peace and contentment.



How this emotion is helpful

This emotion shows us that we appreciate ti when others do things to help us. tl also encourages us to do kind things for others. Feeling gratitude means we are noticing the things that make life good and are focusing on the positive, even on darker days. Gratitude can make us feel happy. This boosts our immune system and makes us healthier, which is pretty amazing! Gratitude also helps to strengthen our relationships with those we love.



Touched

Feeling moved by someone or something.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for writing notes about how the body might look or feel when touched.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for writing notes about how the emotion of being touched is helpful.

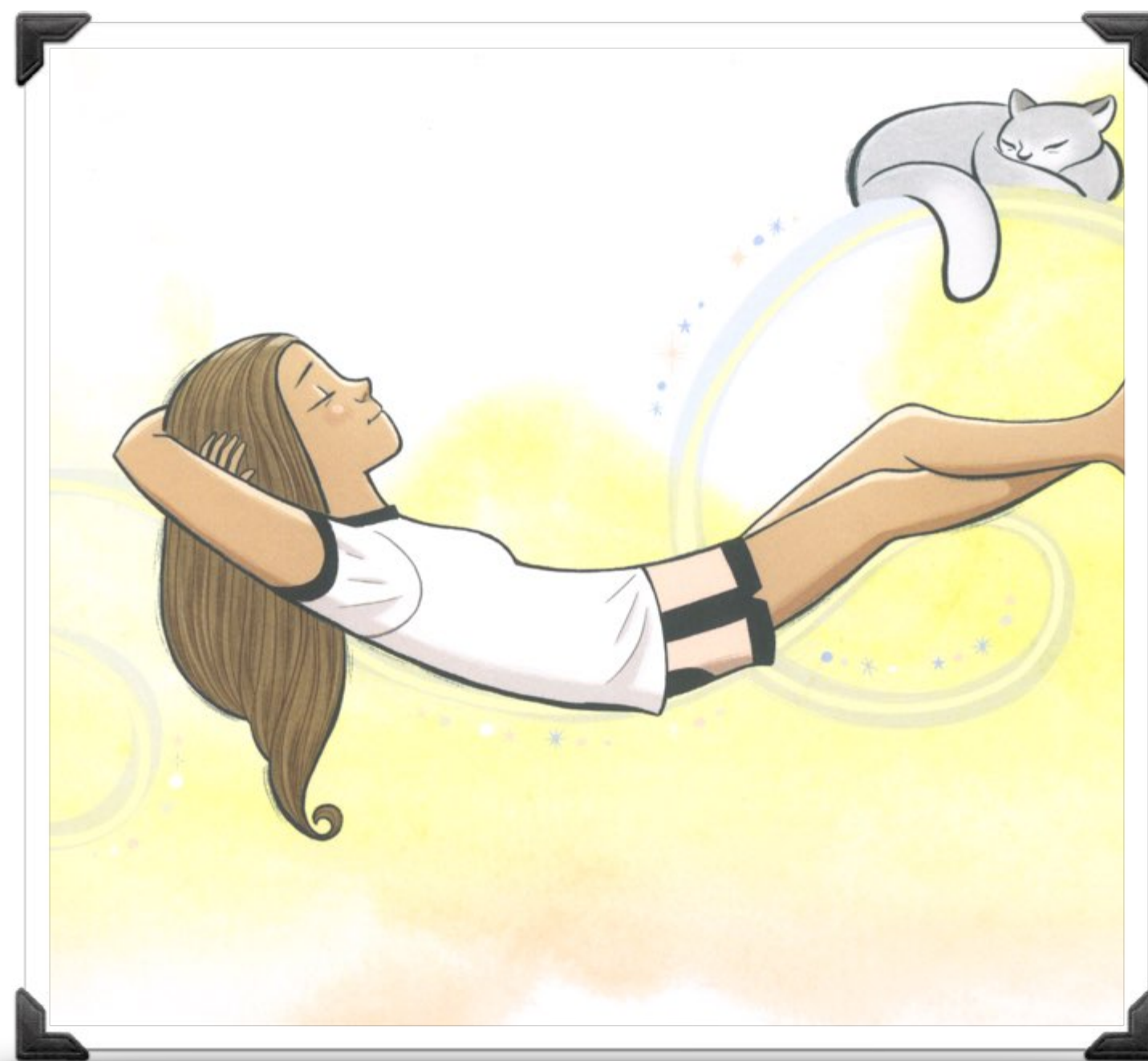


Relaxed

A calm and peaceful emotion. When you feel relaxed, you feel low in tension and at ease in your body and mind.

How your body might look or feel

You might want to lean back and put your feet up as you feel your muscles become less tense. You might find yourself putting your hands behind your head and closing your eyes. You might have a smile on your face. You might have fewer thoughts in your head. You might be able to just enjoy the moment. Many of your bodily functions, including your heart rate and digestion, slow down.



How this emotion is helpful

This emotion is really helpful to combat and reduce stress. We can actively try to relax ourselves by doing things like belly breathing, yoga and meditation. Relaxation is really good for our mental and physical health, so, if possible, we should try to make some time each day to just relax.



Chill

Feeling relaxed, carefree and at ease.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for handwritten notes.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for handwritten notes.



Restful

Feeling peaceful and quiet.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge, intended for writing about how the body might look or feel when experiencing the emotion of being restful.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge, intended for writing about how the emotion of being restful is helpful.



Blessed

Feeling thankful and fortunate for what you have.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect, intended for a user to write or draw how their body might look or feel when they are blessed.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect, intended for a user to write or draw how the emotion of being blessed is helpful.



Balanced

Feeling healthy and together.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn bottom edge, intended for users to write notes about how their body might look or feel when they are balanced.

**How this emotion is
helpful**

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Mellow

Relaxed and laid back; easygoing.

**How your body might
look or feel**

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**How this emotion is
helpful**

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Thoughtful

Thinking about what others need or how they feel; Reflecting or thinking about the future.

**How your body might
look or feel**

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**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge at the bottom. It is intended for a user to write down how the emotion of being thoughtful is helpful.



Peaceful

Quiet, calm and connected; like nothing is bothering you.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn bottom edge, intended for users to write down how their body might look or feel when they are peaceful.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn bottom edge, intended for users to write down how the emotion of being peaceful is helpful.



Comfy

Feeling reassured and comfortable both in mind and body.

**How your body might
look or feel**

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**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-edge border, intended for handwritten notes.



Care Free

Feeling free of worry; lighthearted.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed or torn bottom edge, intended for handwritten notes about how the body might look or feel when experiencing the emotion of being care-free.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed or torn bottom edge, intended for handwritten notes about how the emotion of being care-free is helpful.



Sleepy

Feeling physically tired; lacking energy and wanting to rest.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect, intended for handwritten notes about how the body might look or feel when sleepy.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect, intended for handwritten notes about how the emotion of being sleepy is helpful.



Complacent

Feeling pleased and in a state of 'ease'.

**How your body might
look or feel**

**How this emotion is
helpful**



Tranquil

Peaceful, serene, and free from problems.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for handwritten notes about physical sensations associated with the emotion of tranquility.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for handwritten notes about the benefits or helpfulness of the emotion of tranquility.



Cozy

Feeling comfortable, warm, and pleasant.

**How your body might
look or feel**

A large, empty white rectangular box with a torn bottom edge, intended for writing about how the body might look or feel when cozy.

**How this emotion is
helpful**

A large, empty white rectangular box with a torn bottom edge, intended for writing about how the emotion of coziness is helpful.



Relaxed

The most calm and peaceful you could possibly be; untroubled.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed or torn bottom edge, designed for users to write their observations about how their body might look or feel when relaxed.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed or torn bottom edge, designed for users to write about how the emotion of being relaxed is helpful to them.



Enraged

Made furious by something; filled with extreme anger.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for the user to write down physical symptoms or feelings associated with the emotion of being enraged.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for the user to write down how the emotion of being enraged might be helpful or serve a purpose.



Panicked

A sudden feeling of fear, anxiety or overwhelming stress. It can be an intense feeling, which can cause you to act without thinking. When you panic, you think something bad is going to happen.

How your body might look or feel

It might feel hard to breathe and you could feel dizzy or lightheaded. You might get up suddenly and run or pace around in circles. Panic can come on all of a sudden and can make you act without thinking. It can be really hard to think clearly.



How this emotion is helpful

This emotion gets us up and moving. It is trying to protect us from danger or stress. When we feel panic, it is good to take a moment and do some belly breathing, so that we can think straight. This emotion is trying to make us act so that we take care of ourselves. It may be telling us that we are under stress or in a situation where we feel things might not be in control.



Stressed

Feeling exhausted, tense, and strained; actively worried.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed or torn-edge border, intended for writing notes about how the body might look or feel when stressed.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed or torn-edge border, intended for writing notes about how the emotion of stress might be helpful.



Jittery

Feeling on edge and jumpy.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge, intended for handwritten notes about physical symptoms of jitteriness.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge, intended for handwritten notes about the helpful aspects of the emotion.



Shocked

When something unexpected happens causing your emotional state to change suddenly.

How your body might look or feel

Your body and mind might feel alert as adrenaline surges through you. Your eyes might be almost bulging out of your head. Your hands might clasp your face and your mouth might fall open. Your heart might start pounding and your muscles might tighten. It can be hard to think straight or at all. Your chest might feel tight and you could even feel sick. Sometimes shock can make you want to run away.



How this emotion is helpful

This emotion is getting our bodies ready to react quickly. Something has changed suddenly and we might need to act to protect ourselves or those around us. This emotion is trying to help us process something that has happened, which might be difficult or distressing. It is a good idea to give ourselves some time to find calm. It could take a few hours for our bodies to feel normal again.



Livid

Feeling extremely furious.

**How your body might
look or feel**

**How this emotion is
helpful**



Furious

Full of extreme or wild anger.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly irregular, torn-paper-like edge at the bottom, intended for a user to describe how their body might look or feel when they are furious.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly irregular, torn-paper-like edge at the bottom, intended for a user to describe how the emotion of fury might be helpful.

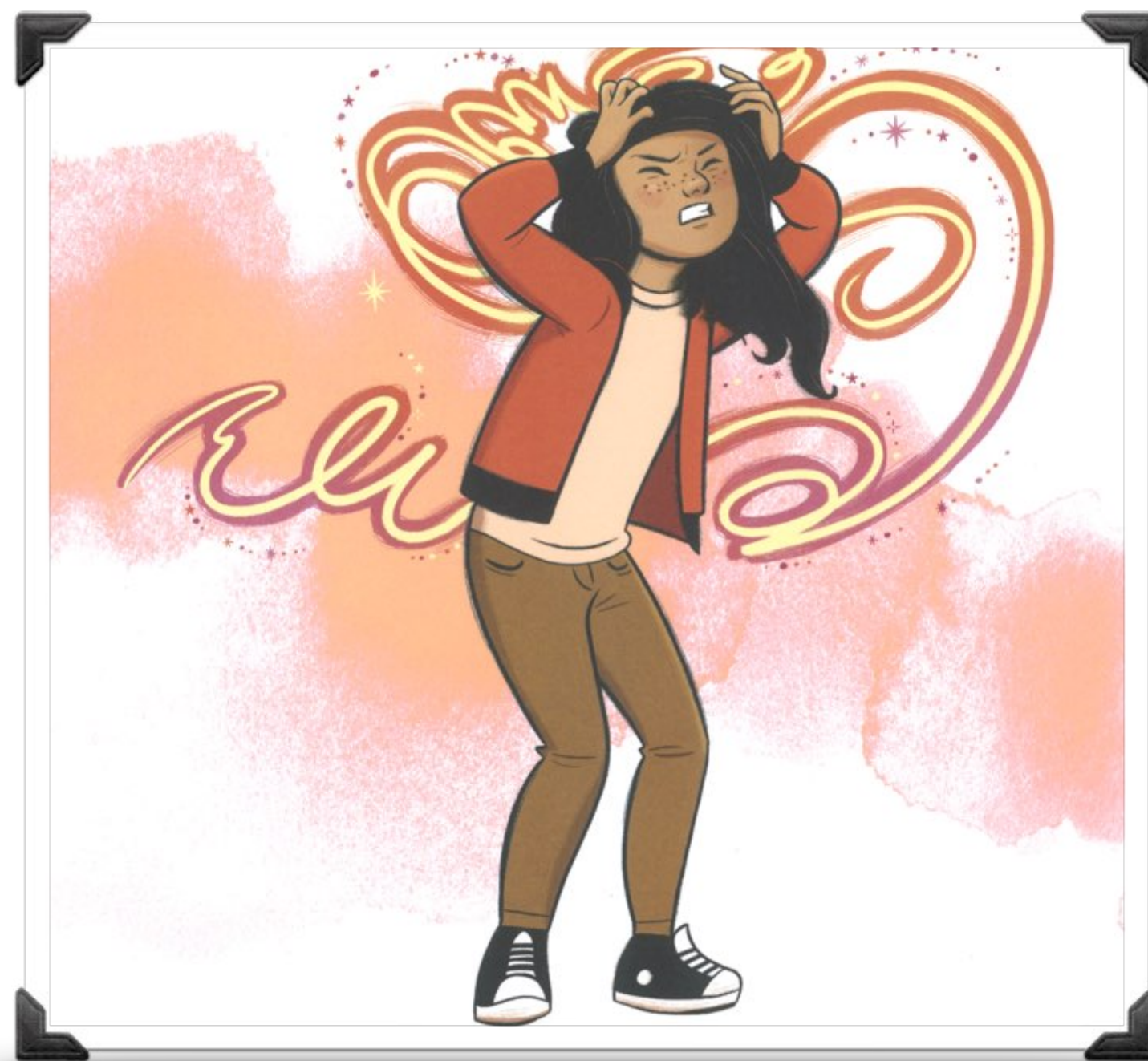


Frustrated

When something doesn't work out the way you want it to, or if someone or something has stopped you from achieving a goal, you might feel frustrated. You can feel frustrated with yourself or with other people, especially when things are outside your control.

How your body might look or feel

You might feel like you want to pull your hair out. You might huff and puff and purse your lips. When you feel frustration, you can also feel irritable or angry. You might feel like lashing out physically or verbally. This is an explosive type of emotion that can be hard to contain. You might feel like giving up. Frustration can negatively affect your self-confidence making you feel downcast.



How this emotion is helpful

Frustration may be telling us that our feelings, needs and/or wants aren't being heard or valued by others. This can cause a feeling of insecurity and uncertainty. It can help us to take action to resolve the cause of the frustration. Learning to recognise when we are frustrated and putting strategies in place to prevent us from feeling this way is a good idea. Things like belly breathing or physical activity can help to release this emotion.



Tense

Unable to relax, physically, mentally, or both.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed or torn bottom edge, intended for users to write notes about how their body might look or feel when they are tense.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed or torn bottom edge, intended for users to write notes about how the emotion of tension might be helpful.



Embarrassed

A feeling of awkwardness or shame when you make a mistake or behave clumsily in front of others.

How your body might look or feel

Your face might go red or blush. You might want to cover your face or run away and hide. You might hang your head in shame as you feel like others may be laughing at you. This is an awkward feeling that you might want to wish away. You might bite your lip or want to cover your mouth, especially if you have said something embarrassing. When you feel embarrassed, you might really want to be alone so the attention isn't on you anymore.



How this emotion is helpful

When we show we are embarrassed, it helps others to feel like we are trustworthy. This might seem weird, but it means we care about what we do in front of others. If we've felt embarrassed about something we've done, it can help prevent us doing that thing again. When we do something that makes us feel embarrassed, it can be a good idea to laugh along with everyone else, as we all can make mistakes at times. Sometimes, we can laugh about an embarrassing moment and share it with others. This can help remind everyone that we all do embarrassing things. Remember, most of us will feel embarrassment because we are all human and we all make mistakes, so we need to be kind to ourselves.



Dread

To feel an intense fear, or be extremely worried about something that is about to happen, which could cause harm or misfortune. It can give you a feeling of impending doom.

How your body might look or feel

Hands clasped on your cheeks, your mouth might be slightly open and your eyes might roll up. You might feel like biting your nails. Your body might feel unable to move. When you dread something happening, it can cause your body to react as if that bad thing is already happening. Dread can make you feel like there's a heavy weight in your tummy or give you a rolling, uneasy feeling. It can also make you want to curl up in a ball.



How this emotion is helpful

When we show we are embarrassed, it helps others to feel like we are trustworthy. This might seem weird, but it means we care about what we do in front of others. If we've felt embarrassed about something we've done, it can help prevent us doing that thing again. When we do something that makes us feel embarrassed, it can be a good idea to laugh along with everyone else, as we all can make mistakes at times. Sometimes, we can laugh about an embarrassing moment and share it with others. This can help remind everyone that we all do embarrassing things. Remember, most of us will feel embarrassment because we are all human and we all make mistakes, so we need to be kind to ourselves.



Frightened

A strong, unpleasant emotion or thought you have when you anticipate a real or imagined threat, which might cause you pain or create a dangerous situation.

How your body might look or feel

Your eyes and your mouth might open wide. Your body is getting you ready in case you need to run or defend yourself, so your muscles may tighten up and your heart might start racing. You might want to hide behind your hands or something else. Your body might shake with fear.



How this emotion is helpful

Fear motivates us to fight, flee or freeze in situations that might be dangerous or life-threatening. It is an important emotion that is there to protect us and keep us safe. Fear is telling us we are in danger or that something isn't right. It can help us take action to protect or defend ourselves. However, we can sometimes be fearful of things that are not particularly dangerous at all. We can face these fears by doing the thing that scares us. This helps us realise that we felt scared because our minds were trying to protect us a little too much. It might be speaking in front of others that scares us. The more we do it, the less we might find it makes us fearful. Fear is our friend and wants the best for us. Fear calls us to act courageously. If we tackle our fears, we can feel elated and confident on the other side of this emotion.



Angry

A strong emotion that can make you do things that you regret, like hurting someone or saying mean things. It is usually caused when we feel threatened or hurt. This can be because someone has upset or offended you or someone you care about.

How your body might look or feel

Anger is often felt in the chest, head and arms. Your heart can beat fast and you might have a pounding in your head. You might breathe fast and your face can go red and scrunch up with an angry look. Your muscles might tighten, and your fists might clench. You can also feel hot and sweaty like you are ready for a fight. You might want to yell, scream, stomp and/or throw things. It can feel like anger is controlling you or like you are out of control.



How this emotion is helpful

Anger is normal and natural and is experienced by almost everyone when we feel threatened. It helps to protect us by making us stand up for ourselves. It can motivate us to take action if we are in danger. It can help us stand up for our rights or the rights of others. It helps us cope with stressful situations by releasing energy in the body through movement. We must be careful to learn to release anger in healthy ways, so we don't harm ourselves or those around us. Try hitting a pillow or doing some jumping jacks to release this emotion.



Nervous

Worried about the future or an uncertain event.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for a user to write down how their body might look or feel when they are nervous.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for a user to write down how the emotion of being nervous might be helpful.

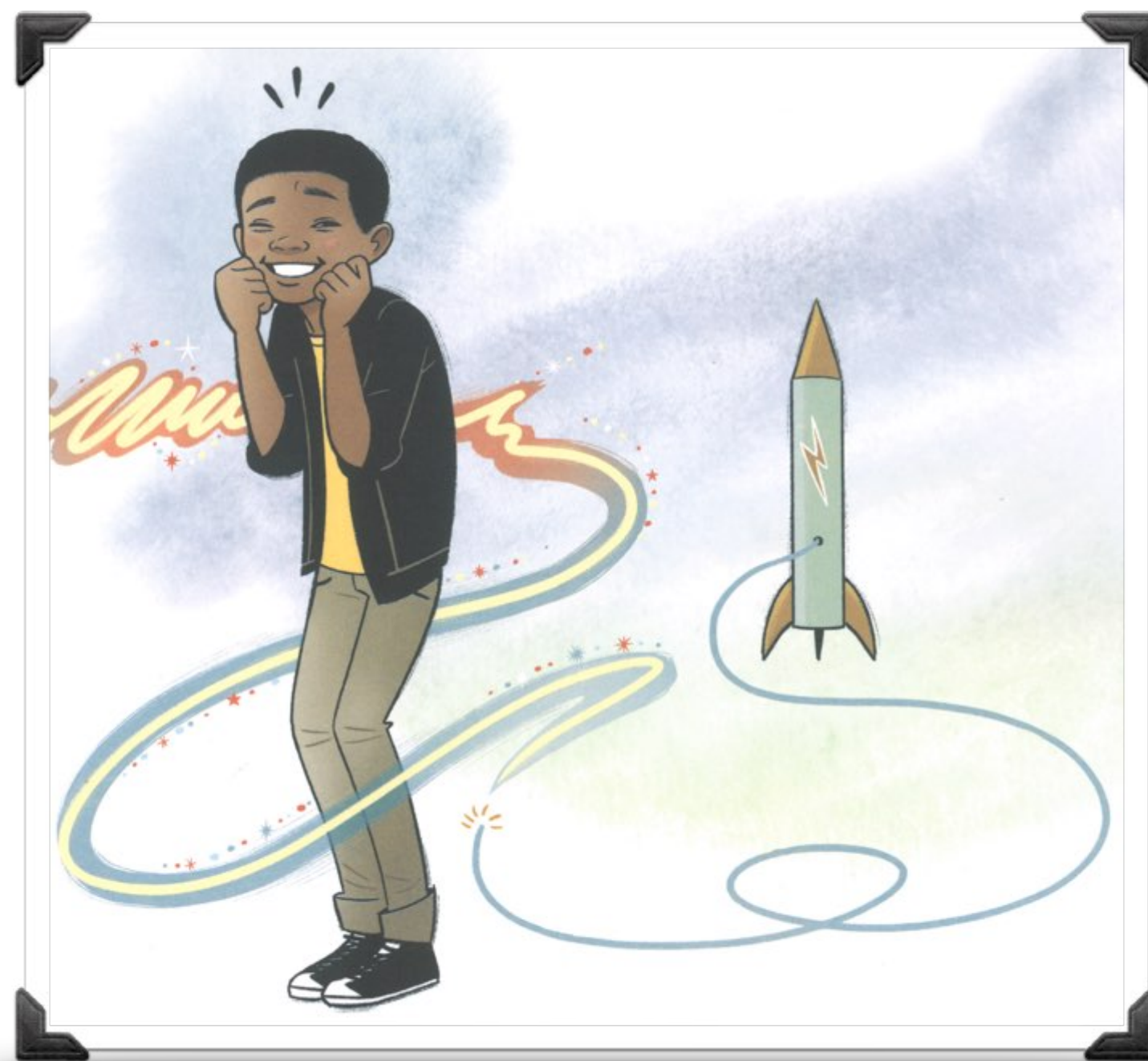


Anticipation

How you feel when you are eagerly or anxiously waiting for an outcome or result. You feel this way when you are thinking about something you want or that you might get.

How your body might look or feel

You might not be able to stop smiling. Your teeth can be clenched and your hands can tighten into tight fists. You could even have your eyes closed as you wait for something. Your tummy could be churning and it may make you feel queasy. Your tummy might feel like it has butterflies tumbling in it. With a racing heart, your body feels like it is charged with energy. You might be unable to move, or you might want to get that energy out by doing something physical. It can be hard to concentrate on anything else.



How this emotion is helpful

Anticipation can be helpful as it helps us look forward to things and can keep our spirits up. It can also help us think about how we might manage a situation that could happen in the future, so we are prepared. Anticipation can also motivate us to get the result we want by taking action.

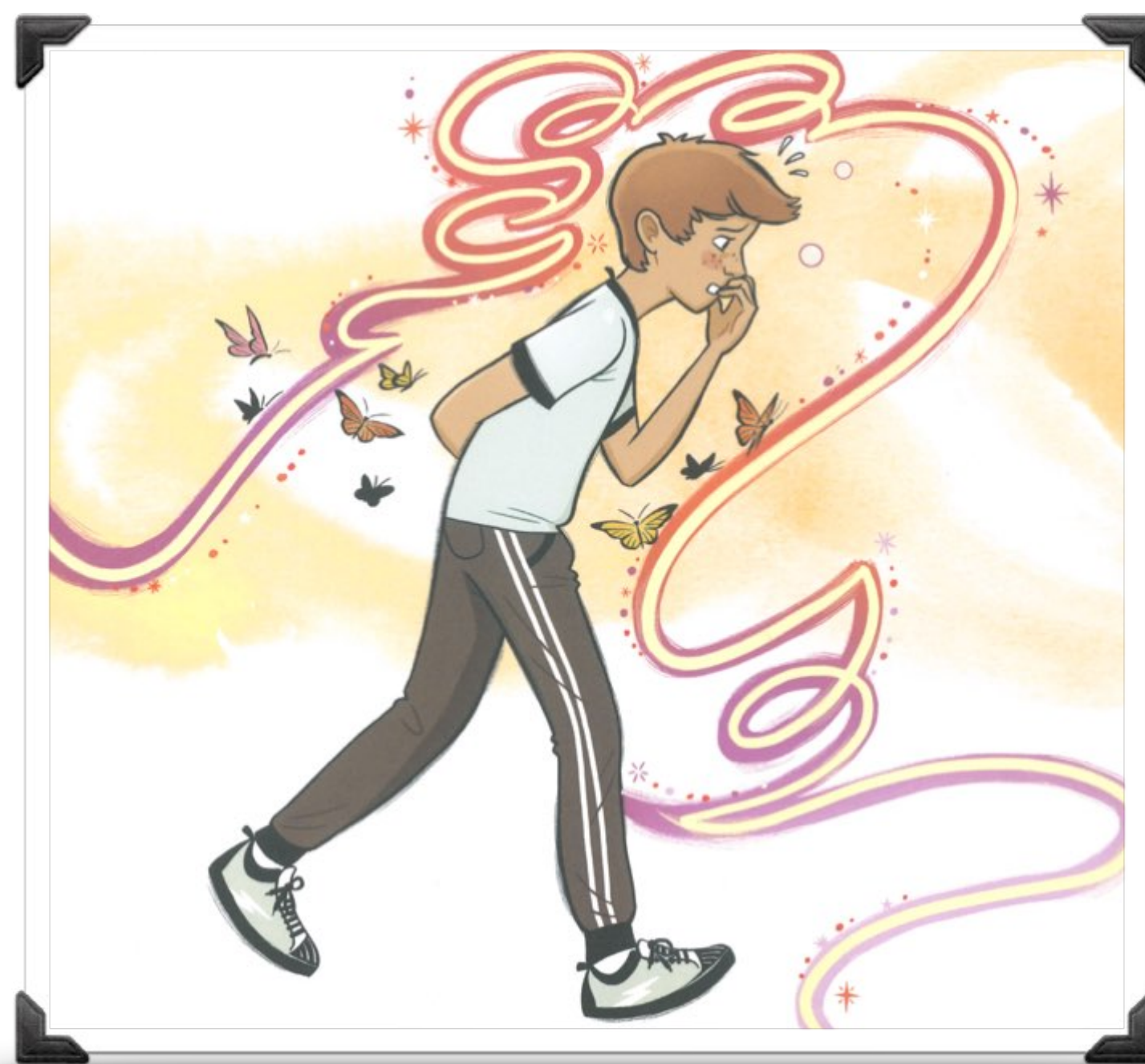


Anxious

When you feel uneasy or worried about what might happen in the future. Your thoughts get a bit carried away and make you feel nervous.

How your body might look or feel

You might feel a buzzing energy in your chest or feel like you have butterflies in your belly. Your mind might be racing with lots of thoughts, which can make you feel upset and worried. Your hands might be clammy and your body might sweat. Your heart might start racing and your muscles tighten. You might want to pace back and forth. You might have a nervous twitch or feel restless. Your eating or sleeping might be a bit disrupted.



How this emotion is helpful

We all experience anxiety from time to time. It is like a security system telling us that something needs to change. However, this emotion can be caused by worrying about things that may never happen or that we don't have any control over. A great tool to settle those ruminating thoughts is a simple mindfulness exercise to bring us out of our mind and into our body. Try belly breathing.



Overwhelmed

A feeling or state of having too much to do or think about.

How your body might look or feel

It can be hard to concentrate as there are so many things to do or think about. Your mind feels too full. You might have a feeling of general stress that can stop you from doing anything at all. It can feel like you want to pull your hair out or scream. You can feel drained of energy, which makes you tired.



How this emotion is helpful

This feeling is a signal that life is too busy and we might need help. We might need to slow down and try not to do too many things. There could be too many distractions or things happening each day for us to cope. Try making time to do things like yoga, mindfulness or exercise. Activities that take us out of our minds and into our bodies can help. It's a good idea for us to write down all the things that are bothering us or all the things we think we need to do. If we try to do just one or two of those things, it can help. Another good thing to do is ask for help, so we don't feel like we have to do everything ourselves.



Worried

Thinking about / concerned that something bad that may happen.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for a user to write down how their body might look or feel when they are worried.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for a user to write down how the emotion of being worried might be helpful.



Jealous

An unpleasant feeling that is similar to anger when someone else does something or has something happen to them and you wish it was you. It can also be when you worry about losing your position to another.

How your body might look or feel

You might cross your arms and have an angry look on your face. You might scrunch up your forehead and gaze meanly at the other person. You might turn your back on the other person. A feeling of heat or anger might come into your body. It could make you shake or clench your fists, and it might make you want to say something mean.



How this emotion is helpful

Jealousy can show us what we want. It shows us what is possible and it can motivate us. If you turn your jealousy into curiosity, you might find out how the other person achieved their goal. This might help you work towards your own goal. Jealousy can show you how much you care about someone. If we react in a positive way then we can use jealousy to see what is important to us and help guide us.



Annoyed

Irritated or troubled by something that you don't like.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed or torn-edge border, intended for handwritten notes about physical sensations associated with the emotion of being annoyed.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed or torn-edge border, intended for handwritten notes about the potential benefits or helpful aspects of the emotion of being annoyed.



Repulsed

Feeling strongly disgusted by somebody or something.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly irregular, torn-paper-like edge at the bottom. It is intended for a user to write down how their body might look or feel when they are repulsed.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly irregular, torn-paper-like edge at the bottom. It is intended for a user to write down how the emotion of being repulsed might be helpful.



Troubled

Feeling or showing uncomfortable feelings; uncertain.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-edge border. It is intended for handwritten notes about physical sensations associated with the emotion.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-edge border. It is intended for handwritten notes about the potential benefits or coping strategies associated with the emotion.



Concerned

Wondering if someone or something is okay or going to work out.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge at the bottom. It is intended for handwritten notes about how the emotion of being concerned might manifest in the body.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge at the bottom. It is intended for handwritten notes about how the emotion of being concerned might be helpful.



Uneasy

Vague sense that something is wrong.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for users to write down how their body might look or feel when experiencing the emotion of being uneasy.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for users to write down how the emotion of being uneasy might be helpful.



Envy

This emotion comes when you want something someone else has. It could be that you wish to be like them as a person, that you wish you could do something they've done, or you want to have something they have.

How your body might look or feel

You might have a longing but upset look on your face. You might think the other person is better than you, leaving you feeling inadequate or not good enough. Your back might be turned to the other person and your arms might be crossed. You might huff and puff a bit or screw up your face in disgust.



How this emotion is helpful

Being envious can be a motivating force to help us achieve what someone else has done. It can drive us to do better or work harder towards our goals. We need to be sure not to let our envy steer us towards vengeful acts or wishing ill of others. Envy can show us how much we want something. Once it has helped us set our goals, it can also motivate us to work towards them. If we find ourselves envying other people and wanting to be like them, it might be a good time to focus on how we feel about ourselves. A good way to do this is to write down all the things we like about ourselves and all the things we are good at. Even better, we could ask other people to write down what they like about us.



Disgusted

A feeling when you find something offensive, unpleasant, revolting or distasteful. Often it's your senses that make you feel disgust, like when you smell something really bad.

How your body might look or feel

Your heart rate slows as you screw up your face in disgust. You might put your hands to your face or stretch them out to push away whatever it is that disgusts you. You might step back or withdraw from others. Your tummy might feel queasy and you might even dry-retch or gag.



How this emotion is helpful

This emotion is trying to Keep us healthy or well in some way. It helps us avoid things that are rotten, infectious or spoiled. This can help us avoid getting sick. It can also help protect us from people who might threaten us in some way. We can sometimes let our disgust get the better of us, so be careful not to hurt others by showing disgust about things that we don't like but that aren't going to hurt us.



Guilty

An emotion that comes when you have -or think you have — caused harm or damage, to another person or object. It can also come when you have done something wrong or that goes against your values.

How your body might look or feel

You might close your eyes and not want to look at anyone, especially the person you've wronged. Your mouth might close tightly or you might have an awkward smile. You might want to avoid the person and/or other people while you feel this way. Your body can feel really heavy and hard to move around. Guilt can affect your ability to think straight or concentrate.



How this emotion is helpful

Feeling guilty means we are aware of how our actions can affect others in a negative way. As guilt is an uncomfortable emotion, it is likely we will want to learn from the experience, so we don't make the same mistake again. Guilt can be really useful in protecting our relationships with others because it can signal us to take action to avoid causing pain to those we love.

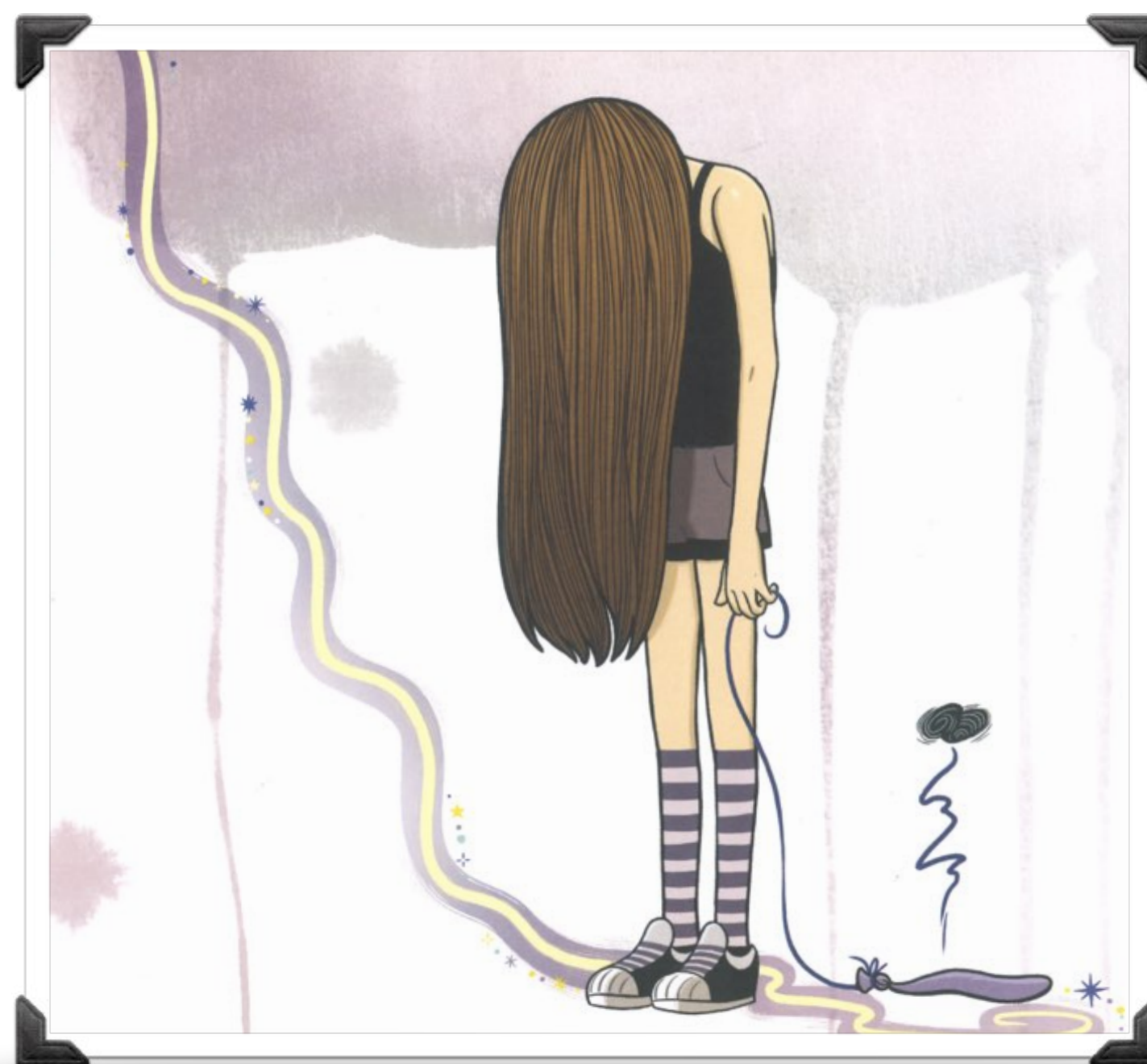


Disappointed

The feeling you get when you are unhappy about an outcome. You might feel disappointed when something doesn't happen the way you hoped it would.

How your body might look or feel

You might feel like your head is heavy and you want to rest it against a wall or in your hands. Your face might be in a frown. You might feel sad and want to cry. You might let out a big sigh. It can feel like you have been hurt. It might make you feel angry and frustrated. You might want to throw your hands in the air or even yell.



How this emotion is helpful

When we anticipate something and it doesn't meet our expectations, it can leave us feeling disappointed. This emotion can show us to try not to set our expectations too high, to be realistic. Instead, we could try to just let things be. Disappointment can help us learn that things aren't perfect and that is okay. Some disappointment is healthy and normal in life. Often when we take risks, we don't get the result we expect. When this happens, we need to keep trying. We need to keep moving forward because this feeling won't stay with us for long. We also need to share our expectations with others. If other people do not know what we expect, then they may disappoint us without realising it.



Self pity

When you feel sorry for yourself or are unhappy about your situation.

How your body might look or feel

This emotion can look and feel a lot like sadness. You might feel like crying and your bottom lip might stick out. You might have low energy and be very centred in yourself. It can make you feel all alone and miserable. You might think other people have it easier than you and begin to feel jealous.



How this emotion is helpful

Self-pity can arise when our self-esteem is low. How we feel about ourselves is important, so this emotion can be telling us that we need to do things to boost our self-esteem. A good way to do this is to think about all the things we're good at, or we could ask someone else to list them for us. When we feel self-pity, it's a sign that we should work on changing our thoughts about ourselves or our situation. Maybe we should do something that will make us feel proud, like doing something kind for someone else or volunteering, so we can make a positive difference in the world. Also, it is good to realise that we all make mistakes, and we all find certain things difficult. That is what makes us human.

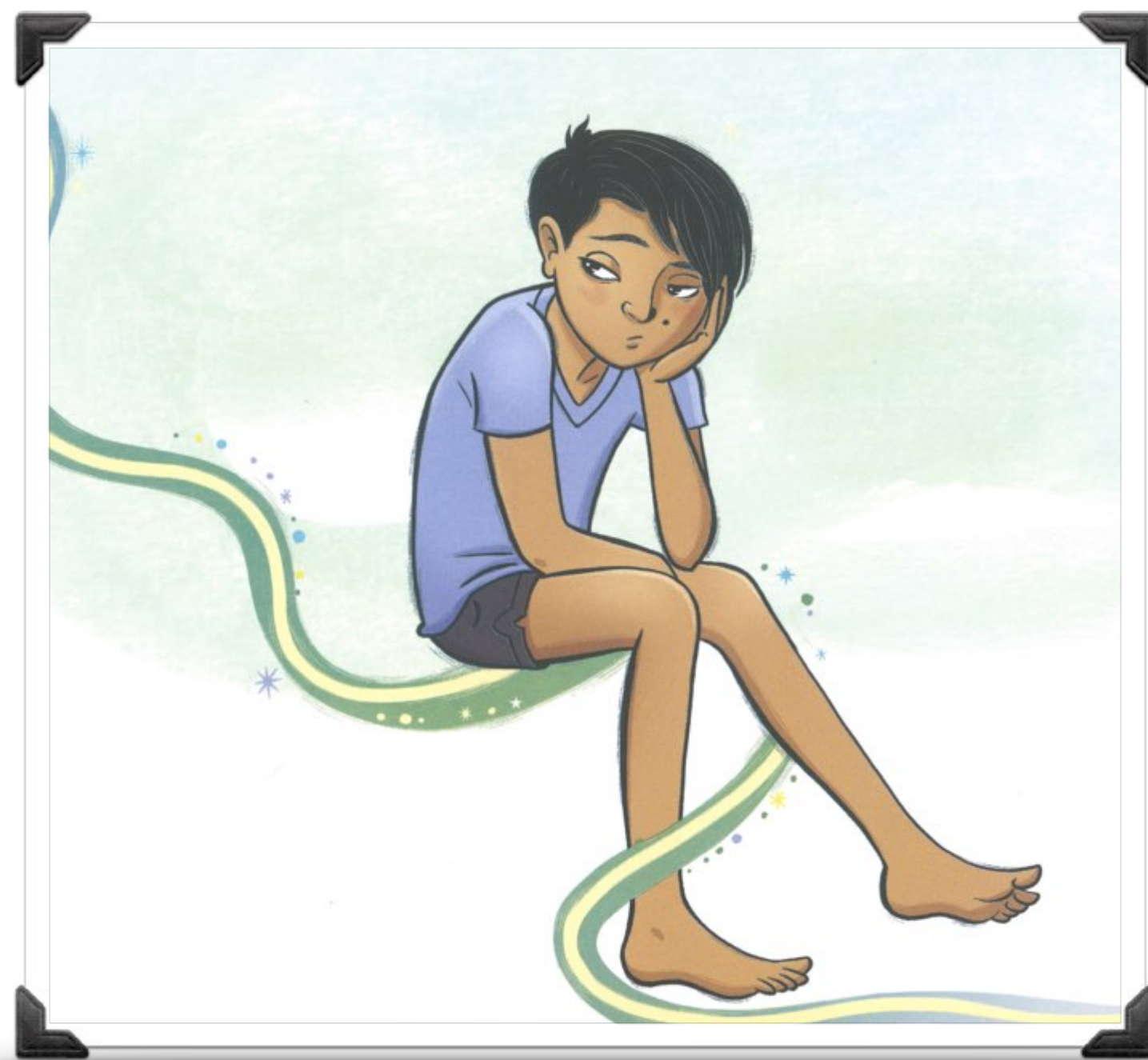


Apathetic

When you don't seem to care or have any interest or emotion and aren't concerned at all about anyone or anything.

How your body might look or feel

A look of boredom or disinterest might be on your face. You might rest your head on one of your hands. You might not show any emotion because you're not feeling anything. You might have an empty, flat feeling in your tummy.



How this emotion is helpful

When we feel apathetic it might mean we feel like life has no meaning or purpose. We can experience this after something disappointing happens or when we're feeling really stressed. Apathy tries to help us forget about uncomfortable feelings by making us void of all feelings. However, it isn't good to feel like this for long because it also makes us miss out on all the wonderful emotions. Most people bounce back quickly. If you don't and find yourself not able to feel or care about anything then you might need to talk to someone about it.



Pessimistic

Expecting the worst to happen; having a negative mindset.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for a user to write down how their body might look or feel when experiencing pessimism.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for a user to write down how this emotion might be helpful.



Remorseful

An uncomfortable emotion that you might feel if you have done something that you now regret or feel deeply ashamed of. Remorse is a little bit like guilt, but when you are remorseful, you feel you should make amends or say sorry.

How your body might look or feel

Your head might be down and you might look at the floor. You might not want to look anyone in the eye as you feel so ashamed or embarrassed by what you have done. You might have a lump in your throat and feel like crying. You might have a strong desire to correct what you have done wrong.



How this emotion is helpful

Remorse shows us that we know right from wrong. It is a good thing to feel because it shows we have empathy and can imagine how another person feels. It can teach us important lessons about things we shouldn't do again. For example, if we did something that hurt someone we love, remembering the feeling of remorse may help us not to repeat the same mistake.



Melancholy

When you feel sad, but you don't really know why. It's a gloomy type of feeling that can last for a long time.

How your body might look or feel

Your body might be hunched over, droopy and tired. Your face might have a long, sad, hopeless expression. You might want to curl up under a blanket and hide away. Maybe you are not sure what to do with yourself and you feel really tired. It could be as if a grey cloud is hanging over you and you feel like you might cry, but you don't know why.

You might feel melancholy when you are remembering a happier time that has passed. It can also be a deep and thoughtful sadness.



How this emotion is helpful

We can be focusing on lots of things that are making us feel sad and we need to remember to focus on all that is good. Some people find melancholy a very creative emotion from which they can draw inspiration. Melancholy can be a sign for us to get ourselves moving, instead of hiding away. Perhaps take a short walk in nature, or do something creative, like drawing, to let this emotion flow.



Sad

A feeling of sorrow or unhappiness. It can be a gloomy or depressing feeling that can be brought on by loss, grief, disappointment or disadvantage.

How your body might look or feel

Your heart can feel heavy. You can feel cold even when it is warm. You might want to lie in bed because you feel so tired. It can feel like you have no energy. You can feel quiet and want to withdraw from others. Your body might be slumped over and your eyes downcast. Your mouth might be turned down almost like an upside-down smile. You might not feel hungry. You might want to cry. This is the perfect way to release this emotion and it can make you feel better.



How this emotion is helpful

Sadness tells us that we are suffering in some way. We might feel sad because we have moved house and no longer get to see a good friend, or because we have lost something or someone special. Sadness is a normal part of growing up. Sadness can teach us to slow down and be gentle and kind with ourselves. Sadness helps us to be kinder and more compassionate when others feel sad. We need sadness because without it happy days would be nothing special. Sometimes a hug from someone we love is enough to melt the sadness away.



Bored

When you feel like you have nothing interesting to do. When you feel bored, you might feel uninterested in everything around you.

How your body might look or feel

You might feel flat, have low energy and look a bit sleepy. Your eyes might be a little bit droopy. Your limbs may feel heavy and your shoulders hunched over. It could be hard to concentrate. However, at the same time, you might feel like you have energy that you don't know how to use. You could feel a bit jittery. It can feel frustrating to have nothing to stimulate you.



How this emotion is helpful

Boredom can be useful as it motivates us to do something to ease the discomfort. Everyone experiences boredom at some point, and it can inspire curiosity. A good idea could be just around the corner. If we're feeling bored, it can be a good time to try something new. Boredom can make us think about using our time to do something meaningful, like being of service to a charity or someone who needs help.



Insignificant

A feeling of being small or unimportant.

How your body might look or feel

You might feel like you are not seen or you don't hold any value. What you think or feel and how you live might feel like they are not worth anything when you compare yourself to others or the world and universe around you. You could feel really heavy and sad and have a hopeless look on your face. Your shoulders might be curled. You might have a feeling of being lost in the world, unsure of where you belong. This can feel a bit like sadness but with a feeling of pointlessness. You might want to give up and hide away. It can feel like you have no energy and are drained and tired.



How this emotion is helpful

Feeling insignificant can come from not feeling valued, or having a feeling of separation. Spending time with people who care about us can combat this feeling. If we start comparing ourselves to others, we can feel insignificant. Instead, we should think about how we are valuable to ourselves and those around us. Finding ways we can be of service to others can help shift this feeling. Maybe it is telling us to find a charity that we believe in, or to start one ourselves, or to find other ways to make a positive difference in the world. Finding meaning and purpose can make us feel valued.



Miserable

Feeling extremely upset/sad/sorrowful about something or someone.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for the user to write down how their body might look or feel when they are miserable.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed, torn-paper edge effect. It is intended for the user to write down how the emotion of being miserable might be helpful.



Lonely

An unpleasant feeling of being isolated or alone. Feeling lonely can happen because you haven't got anyone to talk to or connect with.

How your body might look or feel

Loneliness can feel and look a lot like sadness. Your heart can feel heavy and you might have a sinking feeling in your tummy. You might not know what to do with yourself. It can feel like you have no energy. You can feel quiet and want to withdraw from others you don't feel you connect with. Your body might be slumped over with your arms wrapped around your legs. Your eyes might be downcast. Your mouth could be turned down and you might feel like crying. You might crave a hug to help you release this emotion and feel better.



How this emotion is helpful

All humans need connection. We look for people we enjoy being around and who allow us to be ourselves. We want to have people in our lives who will accept us for who we are. This emotion may be telling us to try to find people like us to connect with. Sometimes, we can feel alone even when we are surrounded by people. Loneliness isn't the same as wanting time alone. Having time alone can leave you feeling refreshed and energised whereas loneliness can feel draining and unpleasant. One way to stop feeling lonely is to think about the things we love doing and then seeing if we can meet people who like the same things. There will always be other people like us out in the world. Also, telling people who care for us how we feel can help us connect with them even more.



Shy

A feeling of fear, apprehension or awkwardness around other people, especially new people or situations.

How your body might look or feel

Your eyes might be looking downwards and you might not want to speak. Your shoulders could be curled over. You might feel like you want to run away and hide. You might feel like you don't want any attention on yourself. You might cover your face with your hands so you can hide. You might feel worried or scared of being laughed at, humiliated or rejected.



How this emotion is helpful

Sometimes, when we feel shy, we're happier with our own company and prefer time alone. It could be that we are more cautious when meeting new people or doing something for the first time. This feeling is trying to protect us so we don't get hurt. Feeling shy can be a sign that we need to spend time doing some thinking and planning ahead so that we can feel more confident around others. Having people understand that we need time before wanting to join in might help. This can take the pressure off us when we're feeling shy, and when that pressure has lifted, we might feel more comfortable about joining in with others.



Tired

Feeling physically depleted and in need of rest.

**How your body might
look or feel**

**How this emotion is
helpful**



Despondent

Feeling extreme hopelessness; loss of confidence.

**How your body might
look or feel**

A large, empty white rectangular box with a torn paper edge, intended for notes on how the body might look or feel.

**How this emotion is
helpful**

A large, empty white rectangular box with a torn paper edge, intended for notes on how the emotion is helpful.



Depressed

Feeling extreme unhappiness and sadness; down in the dumps.

**How your body might
look or feel**

A large, empty white rectangular box with a slightly distressed or torn-edge border, intended for handwritten notes about how the body might look or feel when depressed.

**How this emotion is
helpful**

A large, empty white rectangular box with a slightly distressed or torn-edge border, intended for handwritten notes about how the emotion of depression might be helpful.



Sullen

Silently expressing a bad mood.

**How your body might
look or feel**

**How this emotion is
helpful**

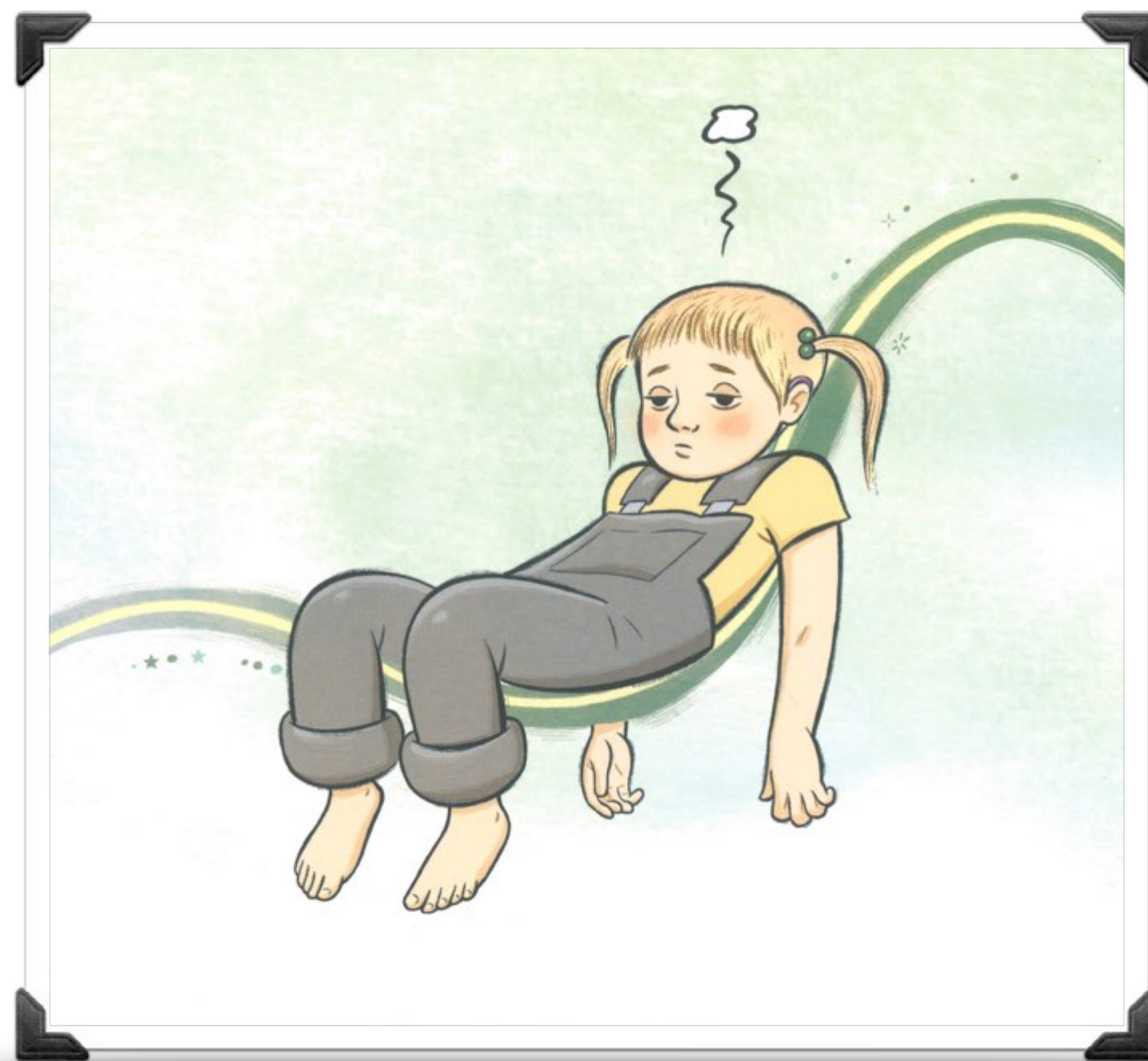


Exhausted

A feeling of being extremely tired or worn out with no energy left to keep going.

How your body might look or feel

You might struggle to keep your head up, so you rest it in your hands or on any surface you can find. Your arms and legs might feel heavy, and it might be hard to keep your eyes open. Everything in your body is telling you to sleep.



How this emotion is helpful

This feeling is telling our bodies that we need to rest. When we listen to our bodies, we know to give them time to recover. Usually after a good sleep and some quiet time, we start to feel better. Exhaustion might also be letting us know that we are doing too much and we need to slow down. Sometimes, it can feel great to do something that leaves us exhausted. Having a good sleep and waking up feeling refreshed can feel great too.



Fatigued

Feeling extreme exhaustion; physically drained.

**How your body might
look or feel**

**How this emotion is
helpful**



Despair

**The complete loss of hope; drained of all energy and positivity;
end of the world.**

**How your body might
look or feel**

A large, empty white rectangular box with a torn paper edge, intended for notes on how the body might look or feel during despair.

**How this emotion is
helpful**

A large, empty white rectangular box with a torn paper edge, intended for notes on how the emotion of despair might be helpful.

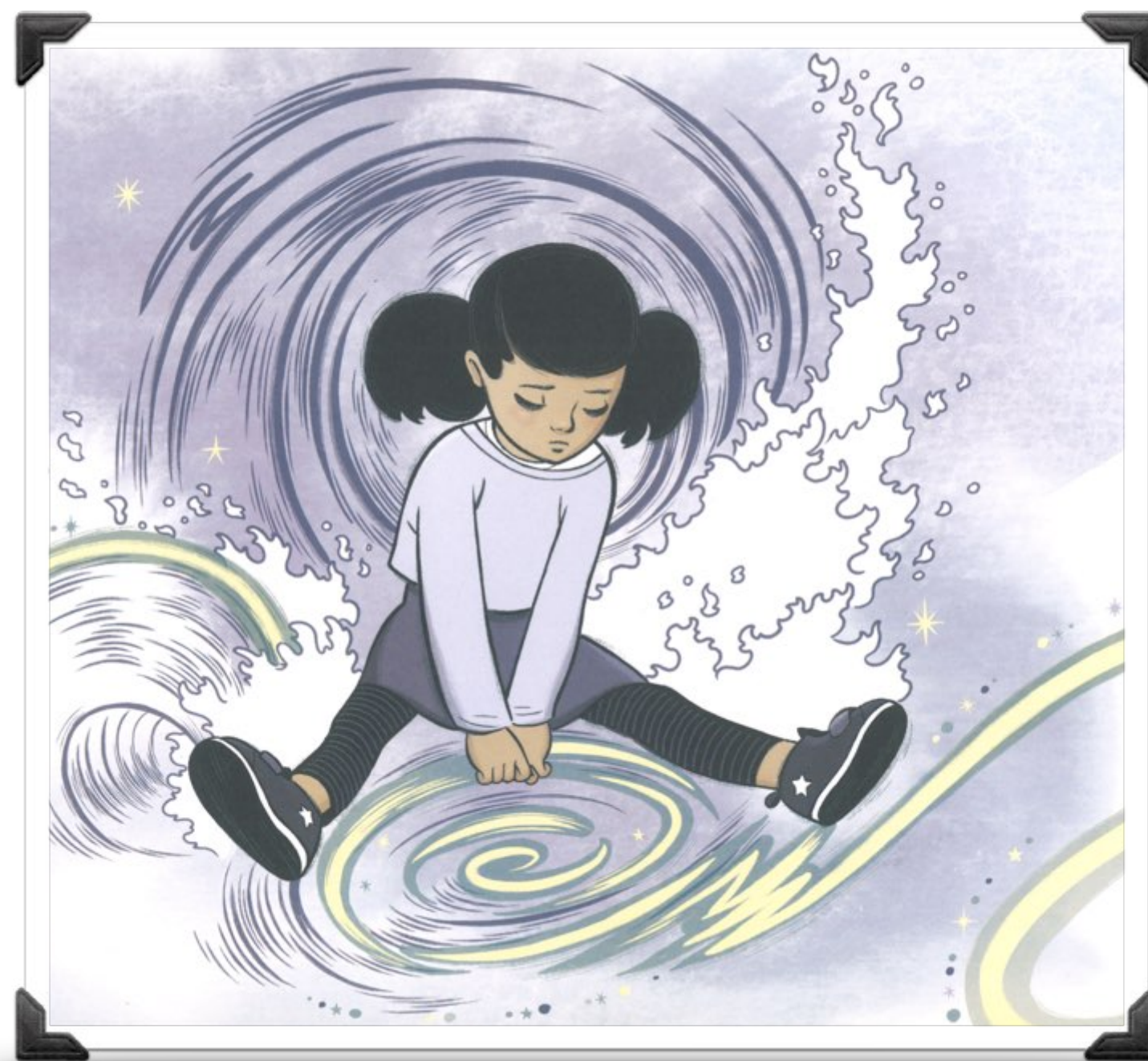


Hopeless

An overall feeling of helplessness, or a lack of any positivity over your own life or things that are happening around you.

How your body might look or feel

You might feel small. Your shoulders might be slumped over. Your body might feel limp. You might feel worthless and insignificant. Your eyes might be downcast and you might not have much energy in your body.



How this emotion is helpful

This emotion signals to us that things need to change. Having some control or positivity over our life is an important part of our mental wellbeing. We need to consider ways we can change our situation, so that we feel more positive. We could find someone we trust and talk to them about how we feel. We can focus on the things we can control, like our thoughts. We can think about how we want things to be different by using visualisations or daydreaming. We could do something creative like drawing, as we can choose what to paint and what colours to use.



Desolate

Feeling empty and alone.

**How your body might
look or feel**

A large, empty white rectangular box with a torn paper edge, intended for writing about how the body might look or feel during desolation.

**How this emotion is
helpful**

A large, empty white rectangular box with a torn paper edge, intended for writing about how the emotion of desolation might be helpful.



Spent

Feeling extremely exhausted, both in body and mind.

**How your body might
look or feel**

**How this emotion is
helpful**



Drained

Feeling emotionally and / or physically depleted.

**How your body might
look or feel**

A large, empty white rectangular box with a torn paper edge, intended for notes on how the body might look or feel when drained.

**How this emotion is
helpful**

A large, empty white rectangular box with a torn paper edge, intended for notes on how the emotion is helpful.