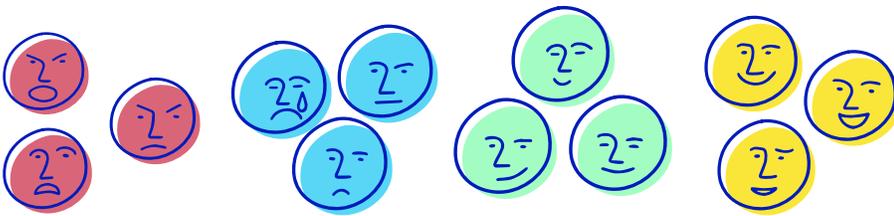


# EMOTIONAL SELF-REGULATION



## Mood Meter

The Mood Meter is a square divided into four quadrants — red, blue, green, and yellow — each representing a different set of feelings. Different feelings are grouped together on the Mood Meter based on their pleasantness and energy level.



**RED**  
high in energy  
low in pleasantness

**BLUE**  
low in energy  
and low in pleasantness

**GREEN**  
low in energy  
and high in pleasantness

**YELLOW**  
high in energy  
and high in pleasantness

## HOW TO USE MOOD METER

To use the tool, check how you are feeling several times throughout the day or week. You can use the colors of the Mood Meter to describe and discuss your feelings. And perhaps move them into an area that might create more happiness, focus, or calmness.

**For example, you could say:**  
*"It seems I'm in the red .... what could I do that might move my mood toward green?"*

What might help if you're feeling lonely? Sad? Angry? Frustrated?

Like anything worthwhile, developing emotional self-awareness takes practice. Over time, the Mood Meter can become a powerful tool to feel heard and understood, regulate your mood, build positive coping and stress management skills, improve emotional self-awareness and build better relationships.

## MOOD METER ENERGY + PLEASANTNESS = MOOD

ENERGY	1	Enraged	Panicked	Stressed	Tense	Shocked	Surprised	Curious	Excited	Ecstatic	
	2	Fuming	Furious	Frustrated	Nervous	Stunned	Hyper	Cheerful	Kind	Inspired	
	3	Angry	Frightened	Confused	Irritated	Restless	Positive	Hardworking	Enthusiastic	Diligent	Excited
	4	Anxious	Afraid	Concerned	Worried	Overwhelmed	Pleasant	Interested	Collaborative	Proud	Thrilled
	5	Disgusted	Repulsed	Troubled	Uneasy	Annoyed	Happy	Engaged	Joyful	Loved	Amused
	6	Negative	Jabbed	Disappointed	Down	Awake	At ease	Attentive	Confident	Adaptable	Excellent
	7	Grim	Unsettled	Distracted	Sad	Bored	Focused	Easygoing	Patient	Curious	Grateful
	8	Guilt	Alienated	Apathetic	Lonely	Tired	Responsible	Secure	Humble	Blessed	Balanced
	9	Embarrassed	Left out	Shy	Uninterested	Drained	Mellow	Chill	Peaceful	Relaxed	Calm
	10	Hopeless	Sullen	Miserable	Spent	Exhausted	Sleepy	Thoughtful	Tranquil	Cozy	Hopeful
		1	2	3	4	5	6	7	8	9	10
		← PLEASANTNESS →									

# Managing Panic Attacks

Panic attacks are sudden, intense surges of fear, panic, or anxiety. They are overwhelming, and they have physical as well as emotional symptoms. Many people with panic attacks may have difficulty breathing, sweat profusely, tremble, and feel their hearts pounding. Here are some emotional self-management exercises that can help stop a panic attack.



## Use deep breathing

Focus on taking deep breaths in and out through your mouth, feeling the air slowly fill your chest and belly and then slowly leave them again.

## Recognize a panic attack

Remind yourself that this is temporary, it will pass, and that you're OK.

## Engage in light exercise

It can help flood our body with endorphins, which can improve our mood. Because you're stressed, choose light exercise that's gentle on the body, like walking or swimming.

## Practice mindfulness

Focus on the physical sensations you are familiar with, like digging your feet into the ground, or feeling the texture of your jeans on your hands. These specific sensations ground you firmly in reality.

## Find a focus object

Pick one object in clear sight and consciously note everything about it possible. Describe the patterns, color, shapes, and size of the object to yourself. Focus all of your energy on this object.

## Use muscle relaxation techniques

Consciously relax one muscle at a time, starting with something simple like the fingers in your hand, and move your way up through your body.

## Picture your happy place

What's the most relaxing place in the world that you can think of? Picture yourself there, and try to focus on the details as much as possible.

## Close your eyes

This can block out any extra stimuli and make it easier to focus on your breathing.

## Keep lavender on hand

Lavender is known for being soothing and stress-relieving. Put some on your forearms when you experience a panic attack. Breathe in the scent.

## Repeat a mantra internally

Whether it's simply "This too shall pass," or a mantra that speaks to you personally, repeat it on loop in your head until you feel the panic attack subside.

# 4-7-8

## BREATHING EXERCISE



- 1 Find a comfortable quiet place.
- 2 Laying down or sitting, put one hand on your belly and the other on your chest
- 3 Breathe slowly into your belly for 4 counts
- 4 Hold your breath for 7 counts. Hear the silence between the breaths.
- 5 Breathe out for 8 counts. Empty your belly completely
- 6 Repeat until you feel relaxed.

## Recognize the Symptoms of Depression

If you or someone close to you is depressed, you may see some of the following common symptoms of depression.

Everyone feels blue from time to time! That's why we work to practice emotional self-management skills.

However, if these symptoms last for 2 weeks or longer, share your concerns with a counselor or health care professional.



## SYMPTOMS OF DEPRESSION:

- Frequent irritability with sudden bursts of anger.
- More sensitive to criticism.
- Complaints of headaches, stomach aches or other body problems.
- Withdrawal from people like parents or some friends.
- Not enjoying activities they usually like.
- Feeling tired for much of the day.
- Sad or blue feelings most of the time.
- Changes in daily routines can be a sign of depression. You may notice:
  - Trouble sleeping or is sleeping more than normal
  - A change in eating habits, such as not being hungry or eating more than usual
- Low energy
- Lack of interest in appearance
- A hard time concentrating
- Problems making decisions



## MENTAL HEALTH RESOURCES



### Suicide and Crisis Hotline

24-hour hotline  
(215) 686-4420

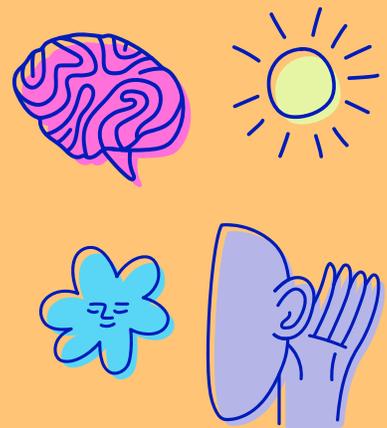
### Crisis Text Line

serves young people in any type of crisis, providing them access to free, 24/7, emotional support and information they need via the medium they already use and trust.

Just text "HOME" to  
741-741

### Free Apps For Stress Management

- Headspace
- Stop, Breathe, and Think
- Calm
- Happify
- Wysa
- Woebot



# Mental/Behavioral Health Emergencies

## Philadelphia Mental Health Crisis Hotline

A mental health delegate may dispatch a Mobile Emergency Team or direct the individual to a Crisis Response Center (215) 685-6440



## Phila Children's Crisis Response Center

3300 Henry Avenue  
Falls Two Building,  
3rd Floor  
Philadelphia, PA 19129  
24 hours a day/7 days a week  
(215) 878-2600



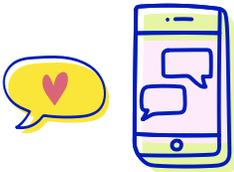
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## Philadelphia "Warmline"

The Warmline is operated by trained Certified Peer Specialists for Philadelphia Residents who are experiencing anxiety, depression, loss, stress, loneliness, relationship difficulties, and other life challenges.

M-F 4pm-7pm  
855-507-WARM (9276)



## The Trevor Project Hotline

The Trevor Project is a 24/7 national phone, texting, and messaging hotline providing crisis intervention and suicide prevention services for LGBTQ youth.

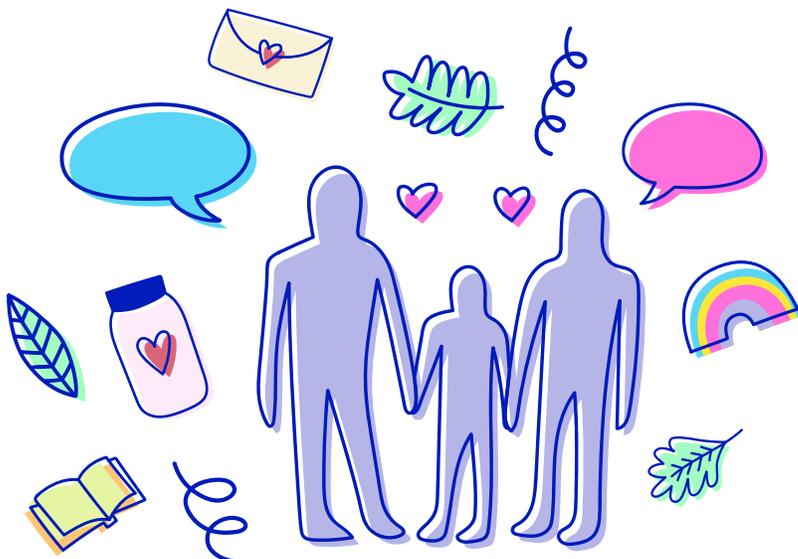
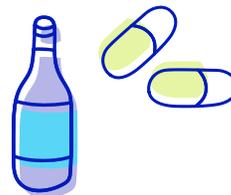
Call 866-488-7386 for help.  
[www.thetrevorproject.org](http://www.thetrevorproject.org)



## Community Behavioral Health

CBH is the city-operated health maintenance organization for persons needing mental health care. Substance abuse treatment (through the Coordinating Office for Drug and Alcohol Abuse Programs-CODAAP) is the same number. 215-413-3100 or 1-888-545-2600

[www.dbhids.org/community-behavioral-health/](http://www.dbhids.org/community-behavioral-health/)



## MR. LEE

Director of Student and Family Services

For questions, please contact  
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