

# MOOD THERMOMETER

Our moods can rise and fall just like the temperature. This thermometer helps you check in with how you're feeling—calm, stressed, overwhelmed, or anything in between. Color each section to make it your own, and use the space to write down healthy coping skills that help at each level. The goal isn't to "stay blue" all the time, but to notice where you're at and give yourself the care you need.



— (Crisis/Exploding) – out of control, very upset, unsafe

— (Overwhelmed/Angry) – upset, stressed, mad

— (Frustrated/Anxious) – nervous, irritated, restless

— (Okay/Neutral) – fine, manageable, just going through the day

— (Calm/Peaceful) – relaxed, content, steady

Today I'm in the \_\_\_\_\_ zone.

One thing that helps me here is \_\_\_\_\_.