

MOOD CHECK & CENTERING

CULTIVATING EMOTIONAL LITERACY



MOOD CHECK PRACTICE

Naming Moods – Find a word to describe your mood. When done frequently, this builds emotional literacy, which gives us a quick sense of what is driving our attention and behaviors as well as the effects we are having on others.

Difficult Moods – Each difficult mood holds information about needs and longings hidden in plain sight. By understanding difficult moods, we can more readily request help and receive support in resolving challenges and conflicts we are facing.

Positive Moods – When we share positive moods and make an effort to celebrate contributions others have made, we foster more hope, optimism, and esprit de corps.

POSITIVE	MILD	MODERATE	INTENSE
Excitement	Eager Curious Intrigued	Excited Hopeful Enthusiastic	Awed Inspired Passionate
Peace	Relieved Content Patient	Accepting Fulfilled Committed	Trusting Serene Confident
Love	Admiring Friendly Caring	Appreciative Encouraging Compassionate	Proud Generous Courageous
Happiness	Pleased Amused Glad	Grateful Playful Cheerful	Delighted Enlightened Joyful
DIFFICULT	MILD	MODERATE	INTENSE
Anger	Annoyed Impatient Frustrated	Indignant Irritated Hostile	Resentful Contemptuous Furious
Sadness	Discouraged Isolated Disappointed	Uninspired Lonely Resigned	Bored Hopeless Dejected
Fear	Anxious Concerned Reluctant	Afraid Apprehensive Defensive	Panicky Terrified Intimidated
Guilt	Regretful Remorseful Apologetic	Embarrassed Ashamed Guilty	Humiliated Disgraced Punished
Doubt	Confused Insignificant Skeptical	Perplexed Rejected Pessimistic	Mystified Worthless Cynical



CENTERING PRACTICE

Length – Elongating our spine supports our connection to our own vision and values and signals self-mastery and credibility.

Width – Squeezing our shoulder blades together tightly and doing shoulder rolls and twists restores circulation, opens the heart, and releases burdened, closed stances, creating greater receptivity, attunement, and inclusion. Soft eyes open our gaze as well.

Depth – Alignment on timing ensures we are neither ahead of ourselves (too future oriented) nor holding back (too stuck in history).

Ground – Dropping into a lower center of gravity supports feelings of confidence, security, and balance.

Breath – Attending to our breath (with big, exhales at first) supports renewal and ease.

Reflections – Noticing how we get off center helps us assess how we are shaping into possibilities (or shutting them down).

- Avoid words like *Good, Fine, Okay, Stressed, Tired, Exhausted*, which are not moods.
- We can be *Stressed + Excited* because we are happily sprinting to complete a major new initiative — or we can be *Stressed + Resentful* because we keep staying late with no one helping us.
- When difficulties arise and it's time to re-center, it's good to remember that *"The secret four-letter word of leadership is love."*