

Mood Measures

To be able to communicate how you are feeling or how you are coping can be really difficult especially if you don't have the language to express yourself; aren't doing so well; are struggling or are in crisis. For this reason using simple methods to communicate can be an ideal way to quickly let those who care about you know without the pressure of using words to explain how you are feeling.



Thumbs up/down

A really easy and fast way to check in with somebody when in a face to face situation.



Traffic Lights

A simple method using 3 colours.

Green – I am Ok.

Yellow – I am starting to find things difficult.

Red – I am struggling.



Rainbow Colours

Similar to using traffic lights but as there are more colours it is possible to communicate a greater range of emotions or have more sub sections between being ok and not being ok.



Faces

Having either just 2 or a series of emotion depicting faces that can be chosen to represent how the person is feeling or coping.



Number Scale

Numbers can be useful to indicate where on a scale a person is and how they are managing. It can also be helpful to agree which number is the crisis point so additional steps to support the person can be implemented at that stage.

CODE WORD

Code Word

Agreeing a specific word or phrase that can be said or text to those in your support network takes the pressure away from having to directly say "I am struggling."