

MOOD BOSS

*Take Charge Of
Your Emotions*



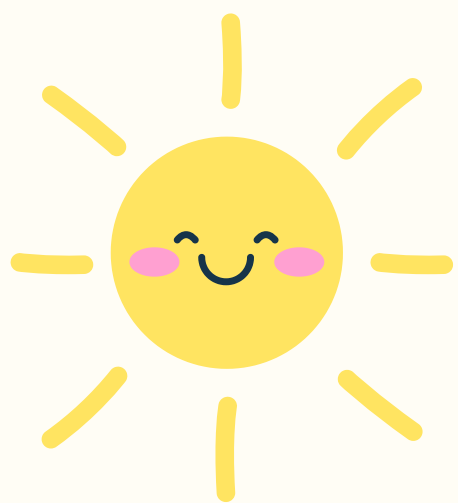
my **mind**[™]
matters 

A world where **you** can be **you!**

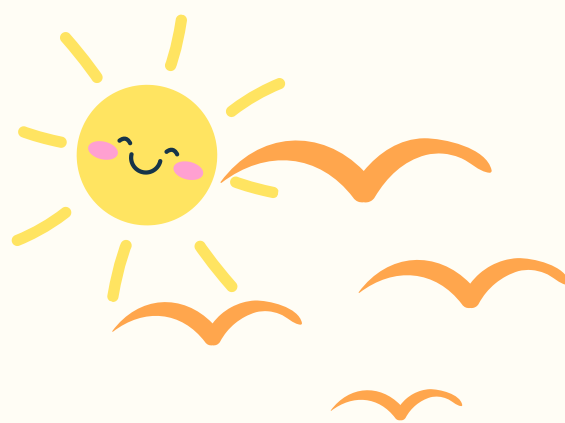
DAILY CHECK-IN

How are you feeling today?

Our feelings can be like the weather. They can change at any time. Think about how you're feeling right now, and what kind of weather it relates to.



Happy



Excited



Confident



Worried



Scared



Confused



Bored



Irritated

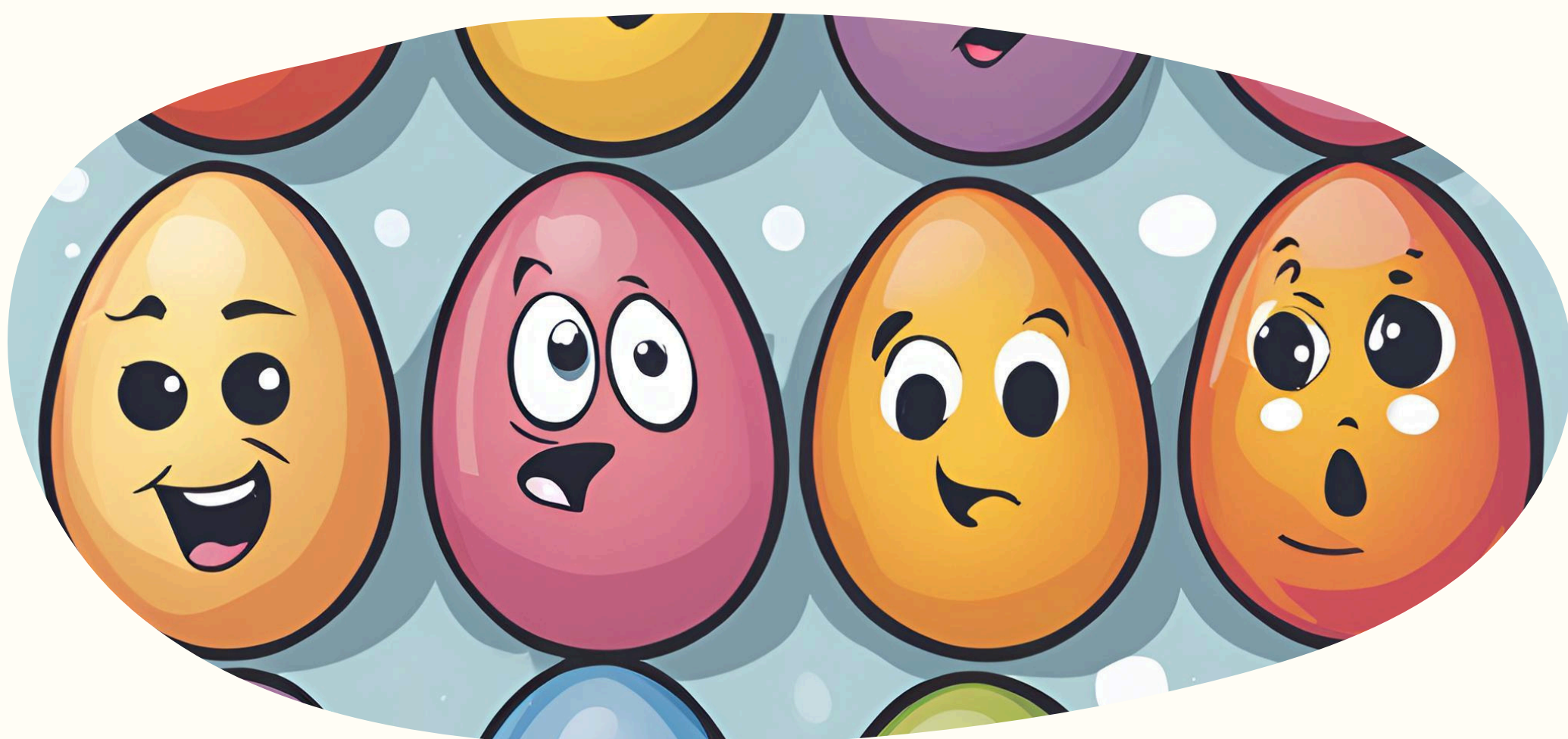


Angry

What is Emotional Growth?

Emotion is a force that gives rise to behaviour. All human emotions are natural. The most important thing to understand about human emotions is that they all have a purpose. It's common for people to think of emotions as “good” or “bad”, or “positive” and “negative”, but that isn't the case. All emotions have a significant role to play, though they can be pleasant or unpleasant.

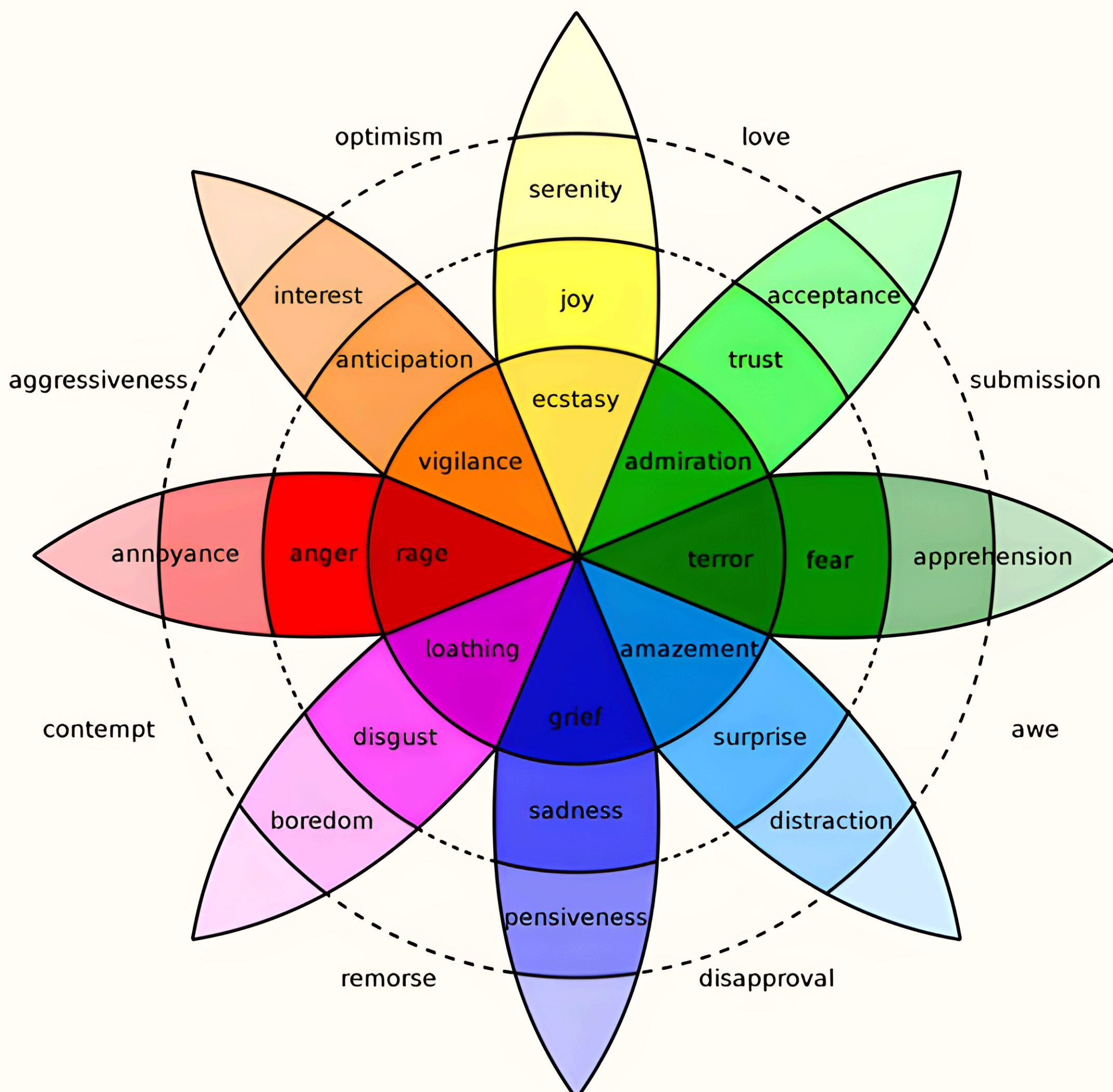
Emotional development refers to the ability to recognize, manage and express at different stages of life and to have empathy for the feelings of others. The progress of these emotions, which include both positive and negative emotions, is widely affected by relationships with parents, siblings, and peers.



Recognizing Emotions

There are many emotions we experience. To recognize the Emotions is the first stage of emotional growth. This stage includes identifying emotions whether emotions are -Single or Mixed, Appropriate or Inappropriate, Helpful or Harmful.

For this step, you can take help of the Wheel of Emotions.



Managing Emotions

Next stage of emotional growth is to manage emotions properly. Managing emotion refers to what do you choose to do with the experienced emotions.

Here are some tips which can be extremely useful for managing emotions effectively.

- Accept that every experienced emotion is natural.
- Look at the situation and the experienced emotion objectively. Try to have a third-person perspective.
- Try not to get stuck in harmful emotions or the emotions which are troubling you.
- Engage in Mood Boosters. Do things which you enjoy.

Task Time

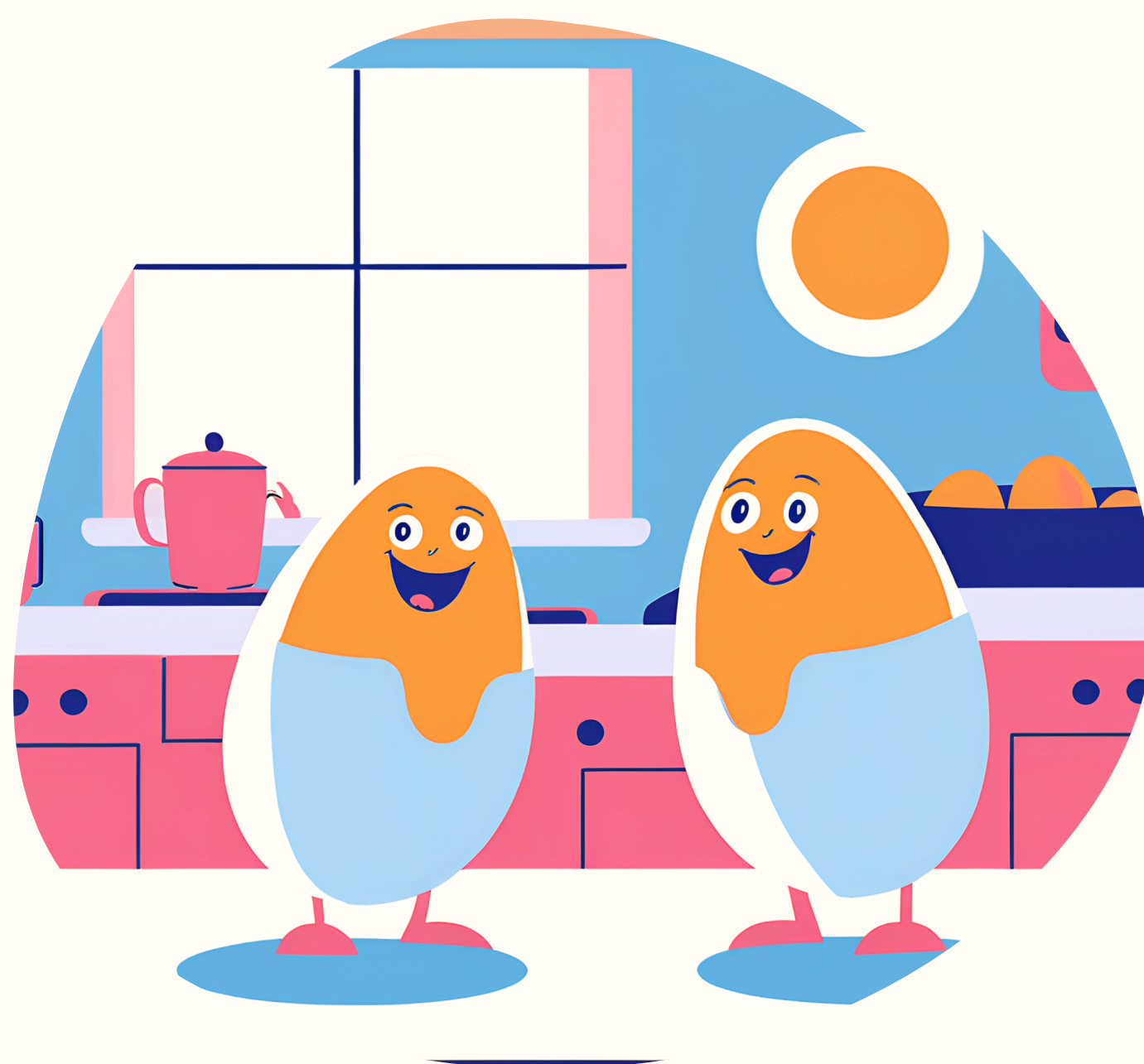
Make a list of the activities which can be mood boosters for you. And next time whenever you feel the need for Mood booster, You will find those here.

Expressing emotions:

The third stage of emotional growth is to express emotions appropriately. Research suggests that most of the arguments and fights take place because the experienced feelings are not articulated, in a healthy manner.

Here are some tips which can be extremely useful for expressing emotions effectively.

- Express the emotions to the relevant person.
- Express correctly and proportionally.
- Communicate verbally as well as non-verbally. Include your body language as well.
- Try to be honest yet assertive.
- Look for an appropriate occasion to express.
- Communicate positively.



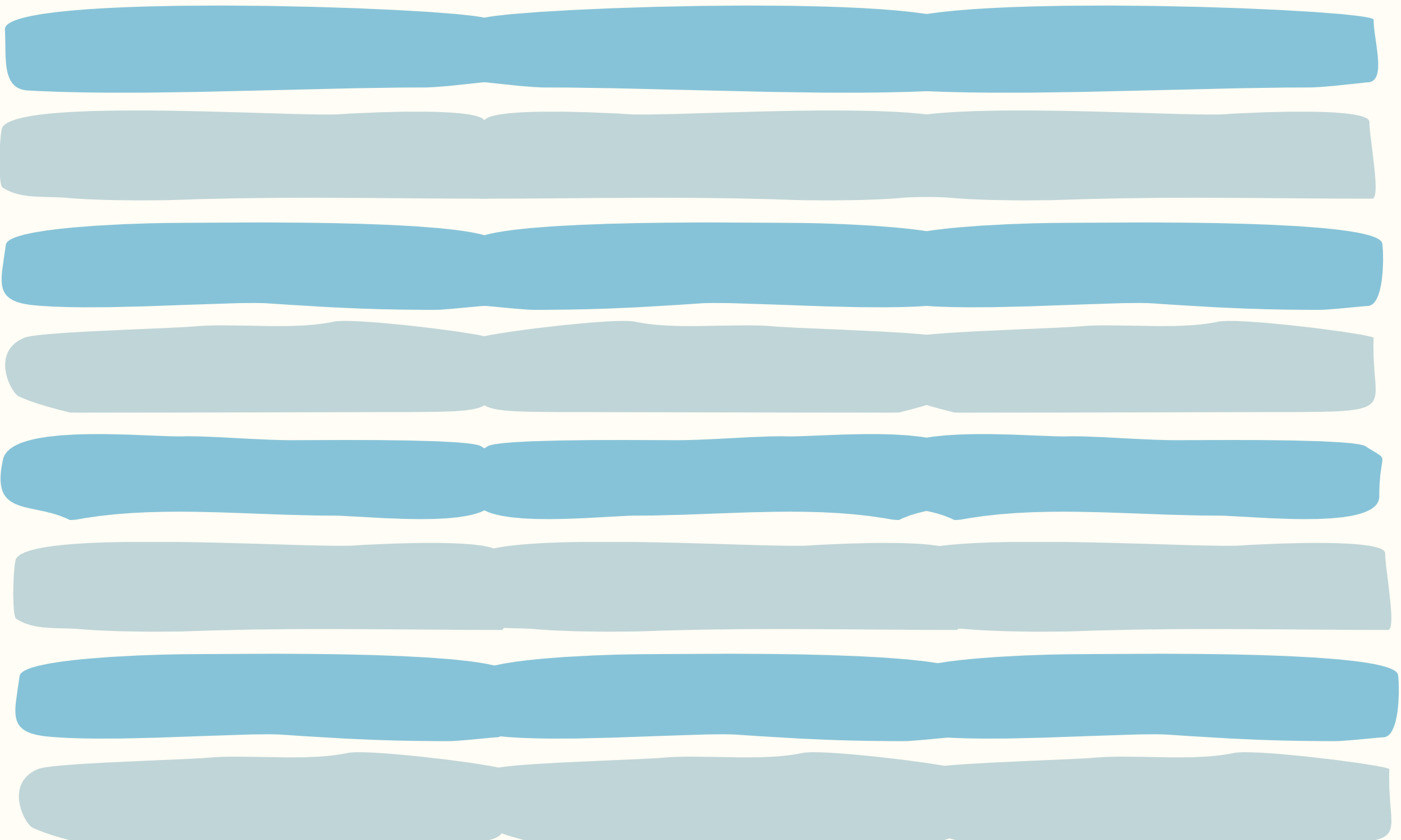
Task Time



You send a message to a friend/colleague/teammate, but they misunderstand it and react angrily.

You didn't mean any harm, but now there's tension.

How will you handle this situation by using Emotional Intelligence?



A series of ten horizontal lines for writing, alternating between a light blue color and a slightly darker blue color.



About My Mind Matters



- Founded in 2014, My Mind Matters is here to support you on your journey to emotional well-being.
- Feeling overwhelmed, stuck, or looking for clarity? We offer personalized therapy, corporate training, and holistic healing to help you move forward.
- Struggling with anxiety, self-doubt, or past trauma? Our expert team provides guidance and practical strategies to help you regain confidence and balance.
- Looking for a safe space to grow and heal? We create a supportive environment where you can explore your thoughts, emotions, and goals without judgment.
- Your mental wellness matters. Whether it's self-improvement, stress management, or emotional resilience, we're here to help you take the next step.

