## The RULER Approach

How are you feeling?										
1	ENRAGED	PANICKED	STRESSED	ATTERY	SHOCKED	SUPRISED	UPBEAT	FESTIVE	EXHILARATED	ECSTATIC
ENERGY	LIVID	FURIOUS	FRUSTRATED	TENSE	STUNNED	HYPER	CHEERFUL	MOTIVATED	INSPIRED	ELATED
	FUMING	FRIGHTENED	ANGRY	NERVOUS	RESTLESS	ENERGIZED	LIVELY	ENTHUSIASTIC	OPTIMISTIC	EXCITED
	ANXIOUS	APPREHENSIVE	WORRIED	IRRITATED	ANNOYED	PLEASED	нарру	FOCUSED	PROUD	THRILLED
	REPULSED	TROUBLED	CONCERNED	UNEAST	PERVED	PLEASANT	JOYFUL	HOPEFUL	PLAYFUL	BLISSFUL
	DISOUSTED	GLUM	DISAPPOINTED	DOWN	APATHETIC	AT EASE	EASYGOING	CONTENT	LOVING	PULFILLED
	PESSIMISTIC	MOROSE	DISCOURAGED	SAD	BORED	CALM	SECURE	SATSIFIED	GRATEFUL	TOUCHED
	ALIENATED	MISERABLE	LONELY	OISHEARTENED	TIRED	RELAXED	CHILL	RESTFUL	BLESSED	BALANCED
	DESPONDENT	DEPRESSED	SULLEN	EXHAUSTED	FATIGUED	MELLOW	THOUGHTFUL	PEACEFUL	сомгу	CAREFREE
	DESPAIR	HOPELESS	DESOLATE	SPENT	DRAINED	SLEPY	COMPLACENT	TRANQUIL	COZY	SERENE
	+			_	PLEASA	SANTNESS				

<u>Emotions Matter.</u> Research shows that emotions influence:

- Attention, memory, and learning
- Decision making
- Creativity
- Mental and physical wellbeing
- Ability to form and maintain positive relationships
- Academic and workplace performance

## Why It Matters:

Ву...

- <u>R</u>ecognizing emotions,
- <u>U</u>nderstanding the causes and consequences of emotions,
- <u>Labeling</u> emotions,
- <u>Expressing emotions appropriately</u>, and
- <u>R</u>egulating emotions with helpful strategies, we can infuse the principles of emotional intelligence

into individuals, agencies, homes, and communities.

**GO DEEPER** 

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