

# How to do a 5-step vibe check!

Imagine your feelings are visible, like an energy field around you that changes colour as you experience different emotions. Cool colours are for feelings that are low in energy; while warm colours are for feelings that are high energy.

Colours are also different based on how pleasant the emotion you're experiencing feels. For example, the blue zone is for low energy, unpleasant feelings like sadness, boredom and loneliness. The green zone is for low-energy emotions that feel nice, like contentment, gratitude, and satisfaction. On the high-energy spectrum, yellow is for energising feelings that are pleasant, like excitement, joy and silliness; while red is for unpleasant but energising feelings like anger, frustration and anxiety.

## STEP 1: ASK WHAT COLOUR YOUR ENERGY FIELD IS.

You can use your body for clues – if you're slumped over or breathing slowly, you're in a low energy state. If your shoulders are tense and your blood is pumping, it's probably high energy.

## STEP 2: GET CURIOUS ABOUT IT.

Ask, why do I feel this way? What is something that happened recently that could be having an impact? Are there memories I have associated with this place or situation?

## STEP 3: NAME THE VIBE.

Think about the colour you landed on, what emotions fall under that colour? Can you find one, or maybe a couple, that best represent where you're at? Precisely naming our emotions helps us understand what's really going on and allows us to identify and communicate what we need.

## STEP 4: LET IT OUT!

You could journal, talk to a friend, dance around your bedroom or express your emotions creatively through art or music. It's entirely up to you! Whether the emotion you're feeling is enjoyable or challenging, it's always good to express it and allow it to flow on through.

## STEP 5: WORK WITH YOUR VIBE.

For example, if you find yourself down in the blue, you might consciously try to up your energy by dancing around the house. If you find yourself in the red, you might a find breathing exercise or mindfulness meditation could help bring you back into the green.

## RED

ANGRY  
STRESSED  
ANXIOUS  
IRRITATED  
FRUSTRATED

## YELLOW

JOYFUL ★  
★ THRILLED  
OPTIMISTIC  
★ SILLY  
PROUD ★

## BLUE

SAD  
LOUD  
LONELY  
HOPELESS  
DISTRAUGHT

## GREEN

CALM  
CONTENT  
SATISFIED  
LOVING  
TRANQUIL

# Emotions glossary

Can't quite put your finger on what you're feeling?

Use this list to find one or two that feel closest to where you're at.

## TRY IT

Aim to work your way through the '5-Step Vibe Check' at least once each day over the coming week. Use the emotions glossary to help you become an emotions master! Want to delve deeper? Give the REFLECT questions a go this week found on the following page.

### Anxiety

Worry about future uncertainty and our inability to control what will happen to us; focuses us on preparing and planning; can indicate something is important to us.

### Fear

Organises our responses to threats; focuses us on escaping danger.

### Stress

When we're facing too many demands and fear we're not able to cope; focuses us on taking action.

### Guilt

A judgement we make of ourselves when we feel we've done something that feels wrong; helps us take action to right our wrong.

### Shame

The intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging; gives us information about our faulty core beliefs (e.g. 'I'm unlovable').

### Joy

State of feeling happy and satisfied that is energetic; a sense of getting what one wants.

### Contentment

State of feeling happy and satisfied that feels calm; a sense of completeness.

### Anger

Response to unfair treatment or injustice; helps us take action to try to improve the situation.

### Sadness

Organises our response to loss of people or things that are important to us; focuses us on what we value; communicates to others that we need support.

### Jealousy

Organises responses to others who threaten to take away relationships or things very important to us; focuses us on protecting what we have.

### Envy

Organises our responses to others getting or having what we want but do not have; focuses us on working hard to obtain what other people have.

ANNOYED	FRUSTRATED	RESTLESS
IRRITATED	FURIOUS	APPREHENSIVE
WORRIED	PANICKED	UNEASY
FRIGHTENED	STRESSED	CONCERNED
JITTERY	ANXIOUS	TRoubLED
TENSE	FEARFUL	GUILTY
TRoubLED	SHOCKED	
ANGRY	NERVOUS	



JOYFUL	EXCITED	BLISSFUL
HOPEFUL	THRILLED	ELATED
FOCUSED	INSPIRED	UPBEAT
OPTIMISTIC	PLEASEd	MOTIVATED
PROUD	HAPPY	EXHILARATED
CHEERFUL	ENTHUSIASTIC	
LIVELY	ENERGISED	
PLAYFUL	SURPRISED	



APATHETIC	HOPELESS	SULLEN
BORED	DESPONDENT	EXHAUSTED
SAD	TIRED	DESOLATE
DOWN	LONELY	MOROSE
DRAINED	PESSIMISTIC	DISCOURAGED
MISERABLE	ALIENATED	
DISHEARTENED	DISAPPOINTED	
DEPRESSED	GLUM	



EASYGOING	COMFORTABLE	PEACEFUL
CALM	COSY	TRANQUIL
SECURE	MELLOW	SLEEPY
GRATEFUL	THOUGHTFUL	CONTENT
SATISFIED	SERENE	CHILL
RESTFUL	CONTENT	CAREFREE
LOVING	FULFILLED	
BALANCED	RELAXED	



# Working with, not against, your emotions!

We might feel scared and even ashamed of our challenging emotions and try to push them away, but this usually only makes our emotions come back stronger. This may lead us to doing and saying things we wish we hadn't. When we are experiencing challenging emotions, things like study and work can feel really hard. So, learning how to make our emotions work for us, not against us, is a super helpful life hack!

Even though the blue and red zones feel unpleasant they're not bad. Remember, all emotions are valuable sources of information. It is okay to be in these zones, but check in with yourself and try different things to help you work with those emotions to feel more comfortable. This might be meditating, talking to loved ones, reaching out to a trusted teacher, or doing some self-care activities. Whatever works for you - is right for you! If you find yourself feeling overwhelmed by emotions please reach out for additional support (see contacts below). We all need some extra support at times!

## REFLECT

- What is it like for you to use the '5-step vibe check'?
- What stood out to you? Did anything surprise you?
- What's one thing you've learned about yourself?

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## WANT MORE? CHECK THESE OUT!

Brené Brown interviewing Marc Brackett about how being able to recognise, name, and understand our feelings affects everything on her podcast 'Unlocking Us'

[brenebrown.com/podcast/dr-marc-brackett-and-brene-on-permission-to-feel/](http://brenebrown.com/podcast/dr-marc-brackett-and-brene-on-permission-to-feel/)

Susan David's Ted Talk on emotional courage

[ted.com/talks/susan\\_david\\_the\\_gift\\_and\\_power\\_of\\_emotional\\_courage?language=en](http://ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage?language=en)

Susan David's Podcast Series 'Checking In'

[ted.com/podcasts/checking-in](http://ted.com/podcasts/checking-in)

Karla McLaren being interviewed about how to make friends with emotions

[resources.soundstrue.com/podcast/karla-mclarenmaking-friends-with-anxiety-and-all-of-your-emotions/](http://resources.soundstrue.com/podcast/karla-mclarenmaking-friends-with-anxiety-and-all-of-your-emotions/)

Brené Brown talking about shame on her podcast 'Unlocking Us'

[brenebrown.com/podcast/brene-on-shame-and-accountability/](http://brenebrown.com/podcast/brene-on-shame-and-accountability/)

## CHECK OUT THE FEELING IT SERIES HERE!



Web app link:

<https://app.smilingmind.com.au/programs/78>

Smiling Mind app location:

All programs > Youth > Feeling It

## WHERE TO FIND SUPPORT

### Immediate danger

If you're in a life-threatening situation and need immediate help call 000

### Want to talk to someone?

Your school

- Reach out to a teacher or wellbeing coordinator at your school

### During business hours

If you're having difficulty coping during business hours you can also contact:

- Headspace <https://headspace.org.au>
- A local GP to arrange an appointment with them that day

### Available 24 hours every day

If you're in crisis or are having difficulty coping call one of the following services, both of which are available 24 hours a day, 7 days a week:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800