Measuring your emotion

A range of visual measures can be used by managers and their teams or individuals to create a dip test of their current level of emotional health.

1. How are you feeling today?

2. Pressure performance curve?

3. What is your emotional BP?

4. Good days versus bad days

5. Today I feel... because...

Staff can use the tools by:

- asking people to point where they are on the scale (Tools 1, 2, 3 and 5)

- asking people to mark on the scale where they are today, either by passing round in a meeting or putting on a notice board for people to do in their own time (Tools 1, 2, 3, 4 and 5)

- briefing a team on the tool and asking them to come to you as a manager if they fall into anything other than the ’more good days than bad’ or ’on a good day’ categories (Tool 4).
How are you feeling today?

**On the Edge**
We feel overwhelmed and out of control we will find it hard to think through problems, often making rushed decisions and losing our patience.

**Having a good day**
Our motivation and energy feels easy to find, we are motivated and interested in what we are doing and have confidence we can cope with whatever gets thrown at us.

**On go slow**
We feel disengaged and it’s hard to find the energy to fulfil our responsibilities.
How much pressure are you under?

- On go slow
- Having a good day
- On the edge

Patient Care

Pressure

NHS Employers
Where is your emotional BP?

- Lack energy and motivation, can’t see the point. MAKE A CHANGE NOW
- Feeling energized and interested in the jobs you need to do.
- Feeling under pressure, but confident you can meet the demands, but maybe not at this pace everyday. MAKE A CHANGE SOON
- The pressure is too much, you feel overwhelmed and unsure of how you will meet all the demands placed on you. MAKE A CHANGE NOW
Good days and bad days

Emotional health isn’t about having a good day every day, it is about having more good than bad and being able to recover from a bad day. In the last two weeks have you had?

More bad days than good?

A balance between good and bad days?

More good days than bad?
Today I feel...

..because..

I can make a difference

- But things get in the way
- To patients and my colleagues
- But not the way things are

Level of work

- Too demanding
- Just right
- Too boring

Relationships with colleagues

- Causing frustration
- Supporting and energising
- Draining my energy