

Barometer User Guide

Interactively Assess Feelings.

Clients plot themselves on a scale to learn about the zones.

Understanding the Issue

Increasing awareness of complex mood states can be a challenge for many young adults. Awareness is the first step to understanding. Understanding can lead to change.

Game Strategy

The player clicks on one of four zones to identify the current state of mind: Relaxed, Comfort Zone, Danger Zone and Out of Control. At each zone the player is asked self-reflective questions and enters the answers directly on the screen.



Entered data is not saved.

Using the email button on the bottom right hand corner the player can email a copy of their response. The emails can be used to review over a select time period and to identify mood patterns.

Key Messages

1. Stress is normal and can be productive.
2. Recognizing when stress or tension is rising to a danger zone is an important step in self-management.
3. Self awareness and self care is a maturing process.

Tech Tips

- You'll need high speed Internet access ready for the session.
- Preview this tool prior to client's appointment time at www.mindyourmindpro.ca.
- Familiarize yourself with navigation of www.mindyourmind.ca.
- Use the tool with client(s) on www.mindyourmind.ca/mind-tools/do-stuff.asp. This encourages clients to revisit the site after and between sessions. **mindyourmind.ca** is an accessible, powerful resource.
- You'll need a printer, and speakers for many tools and games.
- You'll need Adobe Flash Player for many games and tools available from www.adobe.com/products/flash/about.