

The Essential Toolkit



Curious about YouHue? This toolkit has the answers! Explore how YouHue helps build emotional wellness, how YouHue is different than other mood logging apps, and answers to common questions your students may have when first introduced to YouHue.

Part I – building emotional wellness in school and beyond

At YouHue, our mission is to make emotional wellness an everyday practice in school and beyond. We want to share what emotional wellness is all about, and how to easily build emotional wellness into classroom culture.

- **What is emotional wellness (and what is it not)?**

Emotional wellness can mean a lot of things, but in a nutshell, it's all about feeling in control of our thoughts and behaviours, instead of the other way around. It doesn't mean being happy all the time or never making mistakes.

At its core, emotional wellness is about self-awareness: being aware of our thoughts, emotions, and behaviours and understanding our feelings (good or bad) as they come. We all experience failure and disappointment - life is full of challenges! When we are emotionally aware, however, we can manage those stressful situations better and we can bounce back from setbacks more quickly. We know when a problem is too big to handle on our own and we know when to ask for help from others.

- **How do we build emotional wellness?**

Just like learning math and science, we practice self-awareness in order to develop emotional skills. Strong emotional skills help us focus better, build more meaningful relationships, feel good about ourselves, and achieve our goals.

- **How do we start?**

Good question! When learning any new skill, it's helpful to start small. The best way to develop emotional wellness is to practice as frequently and often as we can. By making self-awareness and self-expression a daily habit, we can begin to see the benefits of our efforts more quickly. Let's start a daily-ish habit together by using the YouHue app.



Part II – why use YouHue?

The YouHue app allows us to practice self-awareness and self-expression. It does so by asking us to identify our emotions and prompting us to describe the causes of our emotions. How is YouHue different than other mood logging apps?

- **Encourages accountability**

Most mood logging apps are personal diaries that are only seen by the person logging. YouHue allows students to share their journal entries with their support system, which helps encourage accountability.

Research shows that sharing with others helps us organize our thoughts better and gives the healthy relief of not having feelings buried inside us. Just acknowledging feelings and making them known is an important step to changing behaviors and feeling less alone in our problems. Plus, it feels good to vent!

- **Uses simple language**

When identifying a mood, YouHue gives 9 emojis that represent the 9 core emotions we experience across culture. These emotions are based on psychologists, Paul Ekman and Robert Plutchik's, theories of emotion.

We intentionally designed the app to include only 9 options. While there are a lot of adjectives to describe moods, it can be overwhelming when given so many options upfront! Therefore, we let the students edit and choose another mood name after choosing one of the 9 emojis. We believe it's important to be able to quickly identify one that resonates with us most at the moment.

We also want to emphasize that what matters is that we can describe how we feel in our own words. YouHue prompts us to do that by giving space to describe why we feel the emotion we chose.

- **Colors as moods**

We use colors to represent each emotion. Colors evoke feelings and help draw our attention and focus to the exercise of identifying our emotions. Our research shows that when we assign a color to the emotion it helps us perform more focused and deliberate self-expression.





Part III – common question asked by students

When introducing YouHue to your students, it's likely that they'll have questions. We're here to help you answer some of those common questions.

- **What if I feel more than one emotion?**

It's totally normal to feel a mix of emotions at once. Choose the emotion that is most predominant in your mind. For example, if you feel excited about a basketball game but anxious that you won't do well, ask yourself: which emotion am I giving into most? If anxiety feels more powerful, then log about anxiety. It's empowering to clarify to ourselves which emotion we're feeling most strongly and understand how the other emotions we're feeling at the time are related. You may only pick one emotion, but by doing that we better understand the others!

- **What if I don't know how I feel or why I feel the way I do?**

It's very common to experience what we call "vague" emotions. This is when we don't know exactly how to label how we feel or we're not sure why we feel a certain way. In these moments it's helpful to think, "how does my body feel?" "How much energy do I have?" "Is there something on my mind that is making it hard for me to focus?" Sometimes it can even just be helpful to guess which one you feel and then as you're explaining 'why' you might get clarity on how you really feel.

Ask yourself questions as if you are a good friend checking in on you. Then, do your best to identify an emotion. The more you check in with yourself, the easier it will be to identify and understand your thoughts and feelings.

- **What if I don't want to log?**

Some days you may not want to log. If you don't feel like logging, that's okay! Just know that YouHue is a judgment-free technology that accepts you where you're at. You should never feel ashamed of your thoughts. Happy, sad, anxious, bored, tired, angry – YouHue accepts you for you.

