



# **The Healthy Farming Business**

**NAVIGATING MOODS AND EMOTIONS**

# ACTIVITY

## EXPRESSING OURSELVES THROUGH DANCE

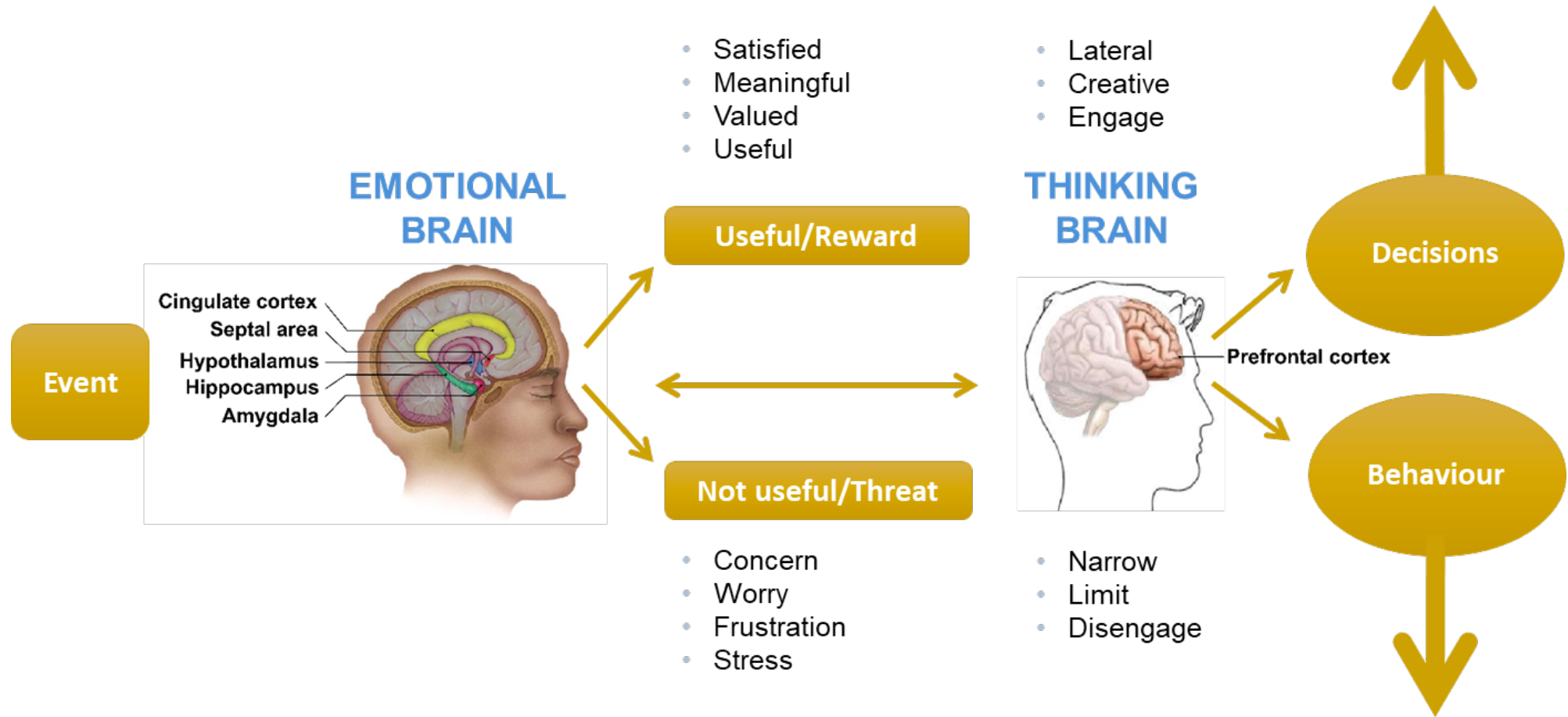


# 24 Hour Emotions Activity

1. In the space below write down as many feelings you can recall feeling over the last 24 hrs	2. Using the prompt, in the space below write down as many feelings you can recall feeling over the last 24 hrs
Total number recalled:	Total number recalled:
Total number of productive:	
Total number of unproductive:	

# The Science of Emotion

# The Science of Emotion



# 24 Hour Emotions Activity Debrief

- *What does your list suggest to you about your last 24 hours?*
- *How conscious or unconscious were you about the way you felt over the last 24 hours?*
- *Which emotions were a productive influence, and which were unproductive for you?*



# Characters from Inside Out







The background is a vibrant, deep blue underwater scene. It features numerous small, white bubbles rising from the bottom, creating a sense of movement. Sunlight rays penetrate the water from the top, creating a shimmering, ethereal effect. The overall texture is soft and fluid, typical of an underwater environment.

# MOODS

an introduction



Reflection & Discussion Grid



<div> What was the favourite idea?</div> <div>Person #1</div> <div>Person #2</div> <div>Person #3</div> <div>Person #4</div>	<div> Where does this make a difference for you?</div> <div>Person #1</div> <div>Person #2</div> <div>Person #3</div> <div>Person #4</div>	<div> What does applying this produce for you?</div> <div>Person #1</div> <div>Person #2</div> <div>Person #3</div> <div>Person #4</div>
<div> What ideas did you react negatively to?</div> <div>Person #1</div> <div>Person #2</div> <div>Person #3</div> <div>Person #4</div>	<div> How did that show up for you?</div> <div>Person #1</div> <div>Person #2</div> <div>Person #3</div> <div>Person #4</div>	<div> Having noticed this, now what?</div> <div>Person #1</div> <div>Person #2</div> <div>Person #3</div> <div>Person #4</div>

Sieler Podcast  
*Moods & Emotions*

The background of the top half of the image shows concentric ripples on a dark teal water surface, with a few small bubbles visible. The bottom half of the image is a solid teal color with a white wavy line separating it from the top half. The bottom half also contains a faint, abstract pattern of light blue and white specks and bubbles.

# EMOTIONS

are like the ripples on the water's surface

# MOODS

are like the underlying currents



# Moods Framework





# 6 Moods of Life

**FACTICITY**

THINGS WE  
CAN'T CHANGE

**POSSIBILITY**

THINGS WE CAN  
CHANGE

**UNCERTAINTY**

THINGS WE AREN'T  
SURE CAN CHANGE

# 6 Moods of Life

	FACTICITY	POSSIBILITY	UNCERTAINTY
	THINGS WE <u>CAN'T</u> CHANGE	THINGS WE <u>CAN</u> CHANGE	THINGS WE <u>AREN'T</u> SURE CAN CHANGE
OPPOSE			
ACCEPT			



# 6 Moods of Life

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OPPOSE	RESENTMENT		
ACCEPT	PEACE & ACCEPTANCE		

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OPPOSE	RESENTMENT	RESIGNATION	
ACCEPT	PEACE & ACCEPTANCE	AMBITION	

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OPPOSE	RESENTMENT	RESIGNATION	ANXIETY
ACCEPT	PEACE & ACCEPTANCE	AMBITION	WONDER & GRATITUDE

# Emotional Intelligence

**I (Intelligence)**

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**E (Emotion)**

**SETS**

**ME**

**FREE**





*Thank you!*

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