**Mood Cost-Benefit Analysis**

This activity is designed for you to assess mood both in yourself and in others. This includes your reactions under pressure so that you can be ready for the times when you need to show a more positive mood.

1. Find three key words that reflect how you perceive yourself in your work.
2. Note them in the first column.
3. Then identify how you feel about your role and write this in the second column.
4. Then identify the costs of these feelings about yourself – for you, for your role, for your health.
5. Finally identify the benefits of these feelings.
6. Then do the same based on how you think others perceive your mood and look at the differences.

**My current job EXAMPLE: Amanda**

***(you may wish to use the table below, and overtype on the text, with words to describe your own mood)***

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualities:**  **how I perceive myself in my job in 3 words** | **Feelings:**  **about my current job in 3 words** | **Costs:**  **downsides of the feelings** | **Benefits: upsides of the feelings** |
| eg  stressed  over-worked  people-oriented | eg  distressed  frustrated  fearful | eg  I don’t allow myself to believe I can change anything  my health  my enjoyment of life  my family time | eg  I can influence people  people are motivated to do a good job for me  I get a lot done – fear drives activity |
|  |  |  |  |
| **Qualities:**  **how I believe others perceive my mood in my job in 3 words** | **Feelings:**  **of others about my current job in 3 words** | **Costs:**  **downsides of the feelings** | **Benefits: upsides of the feelings** |
| eg  in control  strong  solid | eg  respect  fear  appreciation | I don’t really have a peer group  I may not be as approachable as I could be  No one really knows me well | People listen to me  People value my knowledge and the contribution I can make |

1. Now think about how you perceive yourself under stress. Go back over the lists and add any words that identify what happens when you are under pressure, it may be that the emotions you create are different so add these. If they are the same, circle the ones that are particularly present.
2. Finally, identify the emotions that are most counterproductive for you by circling the ones that have the highest costs.
3. Decide on actions to take to remove these costs and strengthen the benefits.