HOW WE FEEL

Emotional and social well-being identification and strategies

12+
Age Range

General Information & Features

- A free app designed to help understand emotions and find strategies to navigate them.

- Created by scientists, designers, engineers, and therapists in collaboration with Dr. Marc Brackett and the **Yale University's Center for Emotional Intelligence**.

- Using a 4-quadrant Mood Meter to categorize feelings based on energy levels/ pleasantness patients track mood and complete simple journaling to identify feelings and reasoning.

- Additional features include short videos on themes like "Change Your Thinking" to help address negative thought; "Move Your Body" to express and release emotions; "Be Mindful" to gain perspective and minimize the negative impact of misunderstood emotions; "Reach Out" to build intimacy and trust.

- Younger children (4+) can use the apps with a caregiver .

Categories

Wellbeing, Mindfulness, Emotional awareness, Anxiety

Patient Acuity/Journey

Mild to Moderate; Prior to care or during to augment care.

Clinical Interventions

None

Safety

AI Chat includes a SOS/Sign post for patient in

Platforms
IOS, Android, web

Costs/Fees
Free /no cost

Sign-Up Details & Discount Codes
Info available in the Formulary

Clinician Reviewer Access
N/A (app is free)

Patient Talking Points

- How We Feel is a free app created by scientists, designers, engineers, and therapists to help people better understand their emotions and find strategies to help them navigate their emotions in the moment.

- Users start by checking in with how they are feeling in the moment and then tagging or journaling about factors they believe are contributing to their current emotional state.

- The mood tracker is divided into 4-quadrants, based on energy levels and pleasantness, helping patients identify their mood.

- Check in 1 one time per day or multiple

- It helps people find the right word to describe how they feel while tracking their sleep, exercise, and health trends in order to spot patterns over time.