

The Mood Cards: Make Sense of Your Moods and Emotions for Clarity, Confidence and Well-Being (Mixed media product)



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Reviews

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(Prof. Elliott Dickinson)




THE MOOD CARDS: MAKE SENSE OF YOUR MOODS AND EMOTIONS FOR CLARITY, CONFIDENCE AND WELL-BEING (MIXED MEDIA PRODUCT)

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Eddison Books Ltd, United Kingdom, 2017. Mixed media product. Condition: New. 2nd Revised edition. Language: English . Brand New Book. Psychology doesn't have to be complicated. Based on cognitive behavioural therapy, mindfulness and positive psychology, THE MOOD CARDS offers a fun and accessible way to help you identify and explore your moods and emotions. There are 42 cards in the box ranging from happy and sad to resentment, guilt and stress. Each card includes guided questions for self-exploration plus an affirmation for positive thinking. Whether to help you manage difficult moods, approach relationships more skilfully, become more sensitive to the needs of others, or simply be able to communicate and listen effectively, using the cards will encourage you to be confident in who you are, expand your emotional intelligence and help you move forward in a positive way. The cards are successfully being used by: Individuals Couples Families Parents with young children and teenagers Parents with children on the autistic spectrum Counsellors and Psychotherapists Life Coaches and Business Mentors Mindfulness meditation groups In Mental health settings as an early intervention tool for stress and anxiety Eating Disorder Units Self-harm settings Suicide Prevention Adult and Child Refugee organisations in Europe Hospices For people with mood disorders such as BPD and Bipolar to help with mood regulation Social Care and Social Justice settings such as fostering, adoption, young people leaving the care system, probation In Primary Schools, Secondary Schools and Colleges Emotional Intelligence, school counselling services and PSHE Elderly care - Alzheimer's and Dementia Please see the 100+ reviews below for even more ideas on how to use The Mood Cards.

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