# **Good Mood Power**

**Process Book** 

- **1.0** Project Overview
- 2.0 Dataset
- 3.0 Design Choices
- 4.0 Design Sketches
- 5.0 Website Design
- 6.0 Visual Explorations

SECTION 1.1

### ABOUT THIS PROJECT

This unique data visualization project is dedicated to exploring and understanding the transformative impact of positive moods on our lives. Through innovative and interactive visual tools, this website collects and analyzes individual mood change data, offering insightful perspectives on how good moods influence our well-being, productivity, and overall quality of life.

Purpose is to illuminate the profound effects of positive emotional states on our mental, emotional, and physical health. By aggregating and displaying mood change, foster a deeper appreciation for the significance of nurturing positive emotions, encouraging visitors to recognize and cultivate good moods in their daily lives.



SECTION 1.2

### CHALLENGE

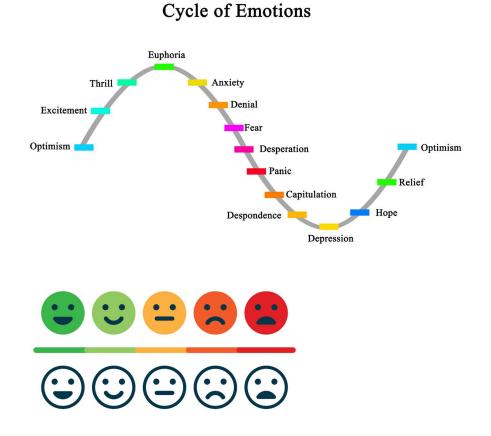
The main challenge in this project is gathering a big data sets and analyzeand discuss the content and information. I also have to consider the approach to visualize and present complex data in different media. And Communicating awareness and problem-solving. SECTION 1.3

### RESEARCH

#### **About Emotions**

In each of us, there is a magical power, which can make you refreshed, but also can make you depressed; it can make you calm and rational but also can make you irritable.

In short, it can strengthen or weaken you, fill your life with sweetness and joy, or make it depressed, dull, and unhappy. Emotion is a magical force that can make a difference in how we feel.



SECTION 1.4

### TARGET AUDIENCE

All those who have negative emotions and do not know how to face them.

### DATASET

SECTION 2.1

# FINAL DATASET

X-axis: 7 things that mainly affect my mood Y-axis: Each day in January

	¥		Work	Eat	Recreation		People		My fish	Sloop	Other		Total Score	Mood score of the day	Score obtained by mysel	Summary	
-	1/9	Mon	First day of case	Conver with two man thends at Urben Hal	Movies/Tx/Video Video (18:198) Some fumy-videos	Shapping H Mar (Shariss)	Friends Help my frend to slick the cell phone	Family	4 tish are also and	Salet for 3 for an	-		6'9=54	6+4+2+2+4+4+6	2	3 Jostay the mood is happy, hut det not mach very happy	
-	1/10	lue	The professor of the	Prevenit eaten mus for	Some funny videos atc Writen (Tik Tok)		stick the cell phone film Tellung about	Taked to my mom	tion are also and	Sage for theory.	Got the new materies		6*9=54	616121616141616	4:		
	1/11	Wed	Advertising class was very interesting I was as humany in	a long time, may be a long time to a long tit to a long time to a long time to a long time to a long time to a	Some funny videos att: Movice	whole loods	group with momentates Ge to a Manufa Nouse	about some of my Me	well 4 fish are alive and	Sleet for 0 hours	so comforadas		6*9-54	-2+6+4+2+4+4+6	2		
_	1/12		I was so hungry in the class	60x0 Himitri cane		whole foods (Vegetables, truts and rreat)	takang .		fore				6'9+64				
	une	160	played a game, tun	-denak -Dugala kong timo not ast stesk, very delicious	TV series (Boredom caused) me to forget the name)			Concernant of the second	und.	cat was alworing in my bod -Slept for 8 hours	-love many days -The sky to so booutful after the rain		0.9=04	6+4-2+6+4-2+6	2	The mood during the day was fine, but at right I had a nightmase and was in a bad mood. But the overall mood is good	
	1/13	m	-ELO class from 1:00 to 3:00	Made some hometown food by	VIDEO (TELTOR) 455.	Perinter Mal		Parents and Little Grother	4 fish are alive and well	Internet Streets	ATL got a title bit of show very excited		6'9-54	4+6+2+6+6+4-6-4	1	Today I had a video chat with my little	
			(online)	mysel.												brother, and he was very cute and happy, Suddenly insomnia at right and can not skeep, but the good thing is that tomorrow is Saturday, do not need to get up early, so the mood is not bad.	
	1/14	Sat		Chinese Foods		Lance Styles Chinese Supermaner	Shopping and dinner together	Perents and Little Crocher	4 fish are alive and well	Glapt for 12 hours (Unbelievable)	-The sunit building is beautiful		6*9=54	6+6+4+6+4+6+4	3	I had a great first week of school without any homework, and I had scme deloious Chinese food and went to the mail today. I also slept very well.	
-	1/15	Gun		Brail Neodles	Video (Tik Tok) etc.	OVS (Hair dys	A Mend who works in	Charrie with my same	4 fish are alive and	Slept for 7 hours	Gaw a beautiful girl	-	6*9=54	6+2+2+4-6+4-2+6	1	delicious Chinese food and went to the mail today. I also slept very well. Today and sister quarrel, resulting in	
				Brail Neodies (Luchong, China Special)		OVS (Hair dye Orean) Sweet Hut (Hought some bread)	A friend who works in a cushi nettaurant henught hack some salth fice		vel		on the road					Today and sister quartel, resulting in other happy things being forgetten, immensely affecting my mood at night to alrep.	
	1/16	Mon	Do the advertising class assignment	-Homemade Hot Put	Movies'What happened to monday		Drink at a friend's house	Cathol Sherr Diversion	4 fish are alve and well	Clept for 10 hours	Martin Luther King Jr. Day		6*9±54	4+6-6+4-6+4+6	1:	I was very excited to watch the TV abox, but in the evening and my tather's video he gave me much pressure, which affected my mood for the day.	
_	1/17	7.0		Nordes with Pickled	Video (Tik Tok) etc.			-	1000000	Thread from 10 hourses			6'9=54	4+2+2+6+4+6+4		pressure, which affected my mood for the day.	
		1.00	Do the advertising class assignment	fan	THE THE DO W.			some recent devolopments	4 fish are alive and well		night		0 9:04	4+2+2+0+4+0+4	2	It's very foppy cutaide today. I just watched a viral zombie movie yeakerday, and the weather today is very much in line with the effect on TV. which makes the scared and excited	
_	1/18	Wed	No her to shoppe for	-Summuch and exce	Video (Tik los) etc.		-Help a Next Install	Parenta	Could aptrach and level	Siept for 8 hours			6'9=54	6+4+2+2+6-2+4			
			Bone is the graphic	Nup Fried Chicken			-Help a hend install bar stools		to the faith							Today was a happy and exciting day. Many interesting topics were discussed in class, and I read online that feeding fish with spinach makes them healthiert	
-	1/19	Thu	Day one prosp protect with Mall and Supal	-Beef Nocidles with Tornatoes			With Matt and Supel tohing		4.5sh are alive and well	Slept for 7 hours		-	6*9=54	2+2+2+6+6	1	8 It was has working with team members Malt and Supat, and we worked well together.	
	1/29	m	It was a pleasure to work with the group	Ponidge, buns.	Chinese Valety	Lenin Davere	with a friend to pick up a computer.		4 fish are alive and	Biept for 10 hours	_		6'9-54	4+2+6+2+2+4+6	2	together. 5 Had an average day, nothing special	
	1/21	Sat	work with the group locay is Chinese New West his work	Hot Pot	Chinese New Year Program	Lis to 3 supermakers	6 people at home together eating hot	Parents gave money in the New Year	4 fish are alive and well	Slept for 8 hours	First tens I saw an many Chinese people		6*9=54	6+6+6+6+6+6+4+6 +6	5	Today is Chinese New Year, and I had a great time shopping at three	
						OW, IT Mar, Jungo	pot, taking and watching TV				1.76					2 Today is Chinese New Yess, and I had a great time shopping at three supermarkets with my friends, buying lots of delicious food and eating hot put!	
		Sun	Wake up early to do Group nomework	-Tomato and egg warp			A bland sant dinner Fract Blox, Plok HB S040		4 fish are alive and well	No. of Concession			6*9-54	-6+4+6+4-6	4	Today I did a day of group work, nat too hoppy and a little tired.	
	1/23	Man	Do Group homework	Hot pot			Talking with blends about gossip		4 fish are alive and well	Shipt for 8 hours	The Chinese New Visc program prepared by the		6*9=54	2+4+2+4+2+6	2	The school Hub had a Chinese New Year event loday, which was fund	
_	1/24	Tue	Do group work	Sandwich					4 fish are alive and	No. or and	echool was wey insereignig		6*9=54	-2+2+4-6-6		I did proup work all day and didn't	
									-							I did group work all day and didn't sleep, and I needed to give a presentation the next day. So I was exhausted and in a bed mood.	
		Wed	Loomutation Jogalus Barits	Noodles				Parents (Taking about cally Ma)	4 fish are alive and well	Finally got a good right's sloep			6*9-54	-4+2+6+4+6		I finished the course and went to bed corty. Not bed	
		Thu	-Atland SCAD amp -Da group homework	- toparana falanyaki Diri - Cilemenuke	Video (Tik Tok) etc.	Trader Joe's	It's fun to have friends with me	Parama (Completing with parents about temocork)	4 fish are alive and well	Slept for 11 hours	The avening sun is as beautive		6*9=54	2+6+2+4+6-6+4+6 +6	3	) Today slept very well also slept a long time, and the right saw a beautiful surrest.	
	1/27	ni -	Doing advertising assignments	Burger and Milk Tea	Variety Show		A friend bought dinner for me		4 fish are alive and well	Okya Ko-O Yoswa			6*9=54	2+2+4+6+4-6-6	21	I got my period today, and I don't feel well, but my friend made dinner for me, so I was touched.	
	1/28	Sat	-Lio to school and maat with group	Noodles Eggs	Video (Tik Iok) ats		If was fun taking to Met and Super	Grandma	4.5sh are alve and well	unbearable These my period, Slept for 10 hours	First time enting cancer tyches, so		6*9=54	4+2+2+6+6+4-2+6	2	loday and grandmother video is very happy: the test time to ear canned luches, luccous	
			-Doing homework together							Sada na montes							
	1/29	Sun	Work with group members at school	Sandwich and salad, Beef Nocidle			it was fun talking to Matt and Supal.		4 fish are alive and well	Slept for 7 hours	The school was empty, except for us who were studying hard		6*9=54	4+2+6+4+4-2	1	Doing homework with group members at school until the evening, the school was almost empty, but it was fun to work with group members	
	1/30	Mon	graphic class	Chinose restaurant	Video (Tik Tok)	Peternart Porce City Market	R was fun shopping with Agree.		Dought two new faith	Dept for 9 hours	First time eating Indian burntu, so		6*9=54	6+2+6+6+6+6+6+6	4	work with group members 5 Today and friends went to the mail, bought two new pet fish, ate an Indian meal, which was delivious, and today was complete and happy.	
-	1/31	Tue	-Go to Sam after	Meshentley's	TV sectors				The list that was	Send for A hours	delicious		6'9=54	-2-2+2-6+6	2	meal, which was deficious, and today was complete and happy.	
			class to discuss course selection -Do group	Yesterday's leftovers					Lautient geschersbeg client.				0 9404	-2-2+2-0+0		The fish in the house have been bullying the new fail, and finally, a fails ded. I was farious and sad.	
	2/1	WeJ	The protect was approved by the	Steak		Costoo H Max Song time not N buy so many things	Friends help carry things		Fear for the life of my fish	Repid Interlated and disconfort	In the ougermarket		6'9=54	6+6+6+6-2-4+2	20	Very worried about the safets of the life of another fah, I observed a day and	
			professor			to buy so many things					peckage of wine					Very worked about the safety of the life of another fah, I observed a day and found no polatien. Today shapping in the supermarket saw beautiful wine packaging, and the overall mood is attill good.	
	2/2	Thu	Do advertising assignments and group work	Korean Style Totu Soup	TV series		A friend gave me a late New Yoar's gift		5 fah are alive and well	Slept for 7 hours			6*9=54	2+2+4+6+4+6	24	goos. I was thrilled when a friend gave me a late New Year's gift.	
	2/3	Fri.	group work Do advertising	A triand cooked the	TV series "The last of us" (very good		Friends cooking is too good	More (Talking shout	6 fah are also and	Stept for 0 hours			6*9=54	4+6-4+6+6+4+6		Today watched a perfect TV series, and mom video chat mood was perfect	
	2/4	Sat	group work	-Today is the Chinese	combie film)	Clothing store		Carly Per	5 tah are also and	Shipt for 7 hours	-0.50pm mmen weiting		6'9=54	6+6+2+5+4+6+6			
			manbas. Doartgask)	Alidde Sastern Food			6 shends chatting together over disner		woll		for the car, a teachtul ledy complemented my annea teak gravit					loday is the Chinese Lantern Festival, I had dinner with my good friends and was complimented on my shoes on the way, so it was a good day!	
	2/5	0ax	Du group work	Noodles and Bunk	TV series The last of us' (very good contraction)		Desserts made by friends	Obcussing plans to return home for the summer  Lock at the	5 fait are alive and well	Slept for 9 hours	(The last of us) the third episode of this drama is so		6'9=54	4+6+6+6+4+4+6+6	42	Today I discussed with my family on video my plans to return home for the summer and was very excited.	
F	2/5	Mon	-Otocura ideas together as a proce	Noodles. eggs	Ween (Tix Yox) etc."			antine Solutta) Paratta	5 fish are alive and well	Slept for 4 hours (Staying up late doing advertising	buching		6'9=54	4+2+2+6+4+2		I slept late today and got up late in the morning, a very typical day	
										assignments)							
	2/7	Tue	Doing activities in small process in class -OC group work	SCAD Hub					5 feb are alive and woll	Glept for 7 hours			6*9=54	6+2+4+2	14	A day of doing homework, nothing to be happy about, general mood	
	2/8	Wet	in-graphic class group and professor	hotpot and milk les	Ween (Tile Tria) alle.	Carbeits anne whole foods	Walking and taking with friends		A fish are also and well	Steps for its neuron	Get outside at right to walk very comfortably.		6'9=54	4+2+2+6+6+4+4+6	34	I hall like I have a lot of homework to no all the time, but I went out with friends in the evening to relax for a while and was wery comfortable.	
			a lot of homework to bo dono)								contortably.						
	2/9	Tω	Advertising class exam -rith group work	Beef pasta with tomatoes and chocolate bread					5 fails are alive and wall	Stepic for 5 hours			6'9=54	-2+2+4+4		Fin wonied about the midlern exam in advertising class today.	
	2/10	ni	Do group work (noerdgame)	All has opened a new Chinese rostaurant, not	Video (Tik Tok) will:	(Met	A male blend chives feat	Parents and Little brother	5 fult are alive and well	Dispt for 11 hours	The first time to close to see the stars. Clarge Wel		6'9=54	6-2+2+6+6+6+4+6 +6	40	Tuday I went to a new Chinese restaurant, which was not good, very disappointing, but today I attorned the	
				good							Director Accessor Bare Director on Director					Solay I want to a new Chinese mataurant, which was not good, very disappointing, but today I attonded the silveal's TV Fost event and save a very famous Chinese star, very axcled and trollast	
	2/11	Sat	-Do group work (boardgame) -Help Supel do	Italian restaurant	Variety Show		Centry a frankritik Definitiony party		My fait is set, faiding medicine	Slept for 8 hours	A very good set were		6*9=54	4+6+4+6-4+2+6	24	I went to a friend's birthday party today and had a great Sine, but my fish is, sock today, sn I'm in a general mood today.	
	2/12	ðun	Do group work	Noodles	Variety Show			Parents	Observe my fish	Finished my			6'9=54	-4+2+4+6-2+2		tox today, so rim in a generic most today. Tomorrow the group project is due, and today am very nervous. My fish body	
			(novertigame) Tomorrow the group project will						Observe my fish and find them in bed condition	notweek and found out it was \$100 am						Tomorow the group project is due, and foday am very nervous. My fish body also did not get better, and my mood is not very good	
	2/13	Mon	Derdue, so nervous	Tal ten jurier	Video (Tix Tok) etc.	Pursue City Market	Waking and		Otnerve or lat	Siect for A hours	Name of a local		6'9=54	-4+6+2+6+6-2+4-4			
			Preservations	chicken rolt, beef and tolu scup		11 Mail Whole Feach See the GUE dog	Walking and chatting		Observe my fish and find them in bad condition		decarded lashore					Today's group project presentation was not very well done, the general mood	
	2/14	Tue	Do advertising assignments	Winter Melon Pork HID Soup -Buns	Titanic		Go to the movies with Agree and Ming		5 fah are alive and wall	Slept for 8 hours	Franky Broad / Barrier of The Aller will Chy		6*9=54	4+4+6+6+2+6-6	22	Today and friends want to the cinema to see the Titanic, which was very somactic and sart.	
	2/15	Wed	Do advartising assogements	-Buns Cooked 3 dishes by myself	Variety Show				5 fish are alive and well	Shept for 8 hours		_	6*9=54	6+2+4+2+6	20	An ordinary day	
	2/18	Thu	-Cin to the library to find books on deta visualization.	-Konsen Backbone Rof -Scalv and chosen	Video (Tik Tok) etc.	Chinese supermeter Day a britiday gill	Shopping with friends		5 fah are alive and well	Slept for 10 hours	New a pair of temans and children in the mail, very loving	-1 had the Korean food 1 wanted to set for a long time	6*9=54	6+6+2+6+6+4+6+6 +4	46	I saw two dads and a kid at the mail today and fait way romantic, and low has no houndaries. I saw ate Konan Sood that I had wanted to eat for a long time, a perfect mood day.	
	2/17	H	AND ME TO -	100	Video (Tik Tok) etc.	for a triangle	Second Second	Marco Marco and		Stept for 10 hours	Deces 1 ( all 10		6'9-54	2+6+2+6+6+6+4+6		food that I had wanted to eat for a long time, a perfect mood day.	
	w11	915	-Work with group members on Reading presentation assignments	100	-dato rink 10k2 eld.		Shooping with triands	taked about the atuation at home)	5 fish are alive and well	seen to to hours	dessert is so delicious		0.8=04	2+0+2+0+6+6+4+6 +6		loday I ate a delicicus dessert, very unforgettable.	
	2/18	Sat	-Work with group members on Reading prepartation	Pork fast months	Variatly Show		Today is also the day to eet transition cooking		5 fish are also and unit	Slept for 6 hours	Resulting view cutside at a treast's house		6*9=54	4161416141414	32	A day of doing homework, very ordinary, and seeing a beauthy right score at a friend's house at right	
			-Do the journal				and the second se				and a second						

SECTION 2.1

# FINAL DATASET(cont...)

		The energy	The energy score represented by each color					
	Mood Type	Best	General	Not good		The best total score for a day's mood	Score	Meaning
Good Mood	Surprise/Excited	6	4	2		6*9=54	50-54	Very good mood
	Happiness	6	4	2			18-49	Good mood
Bad Mood	Fear	-6	-4	-2			0-17	Not bad mood
	Sadness	-6	-4	-2			-10-0	Bad mood
	Anger	-6	-4	-2				

### Keys

Emotions Classifications: Surprise/Excited, Happiness, Fear, Sadness, Anger

Emotions Scores:

6 points mean good

4 points mean average 2 points mean not good

# Work: The main parts that affect my mood are

1. Assignment due soon

- 2. Nervousness before the presentation
- 3. Course exam
- 4. Lots of assignments

### Recreation: The main parts that affect my mood are

1. A bad movie or TV series

2. Some scary but exciting videos

3. The only thing about shopping that affects my mood is that it makes me a little tired.

# Food: the main parts that affect my mood are

1. No time to eat

2. Cooked meals or meals at restaurants are not good

# My pet fish: the main parts that affect my mood are

1. The safety of their lives

2. Buy a new fish, afraid of old fish bullying

# Sleep: The main parts that affect my mood are

- 1. Insomnia
- 2. have a bad dream
- 3. No time to sleep

# People: The main parts that affect my mood are

1. Conflict with family

### Other: the main parts that affect my mood are

1. Meeting interesting people and things, being complimented by passersby, seeing beautiful scenery, etc.

### **DESIGN CHOICES**

SECTION 3.1

# TITLE OPTIONS

1. The power of emotions

2. Please enjoy the different emotions

3. Good mood power

### Why

The title is divided into two parts, good mood and power.

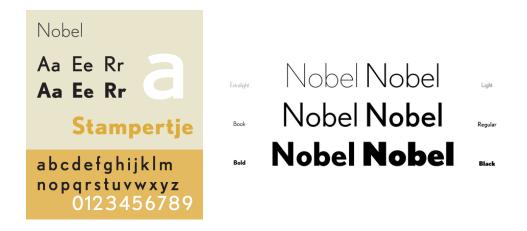
Good mood means to make everyone feel happy.

Power means telling everyone the importance of happy emotions and how much energy they bring.

The title uses short words to let everyone understand the meaning faster and better.

SECTION 3.2

TYPEFACE Name: Nobel-Black



# **GOOD MOOD POWER**

### WHY:

Nobel is a geometric sans-serif typeface. First, it is very readable, the rounded corners make the font look in a good mood, and the o's design is more powerful and looks more coordinated. Black was chosen be-cause it seems steady, in line with the title.

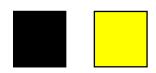
### **DESIGN CHOICES**

**SECTION 3.3** 

### COLORS

### Website Colors

Yellow represents a happy emotion in psychology, and the black background makes yellow appear more powerful.



### **Data Visualization Colors**



Surprise

Blue is usually considered a spiritual color, it gives a feeling of excitement, so I use blue to indicate surprise.



Happiness

Orange is often considered a warm and vibrant color that gives people a sense of enthusiasm, so I use orange to indicate happiness.



Green is usually considered a color of stress and adventure, giving a feeling of oppression, so I use green to indicate fear.



Sadness

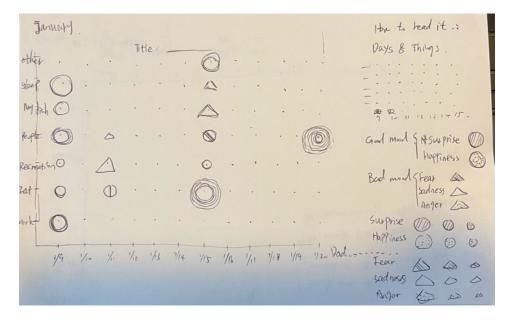
Purple is usually considered the color of anxiety and loneliness, giving a sense of sadness, so I use purple to indicate sadness.



Red is usually considered an extreme and dangerous color, giving a feeling of violence, so I use red to indicate anger.

SECTION 4.1

# DATA VISUALIZATION

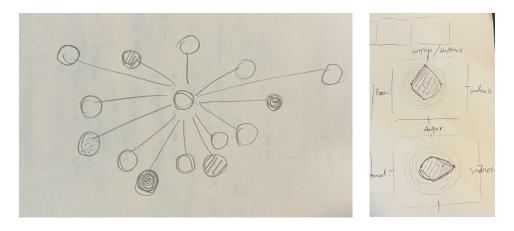


Initially, I used the x-axis and y-axis to represent my daily mood changes. The x-axis indicates each day, and the y-axis indicates the seven things that mainly affect my mood. This approach allows people to clearly see the different aspects of my mood daily.

Emotions are divided into good and bad parts, so I use circles and triangles to express them.

The circle represents a good mood and gives a sense of comfort.

The Triangle represents the bad mood and gives a sense of oppression.

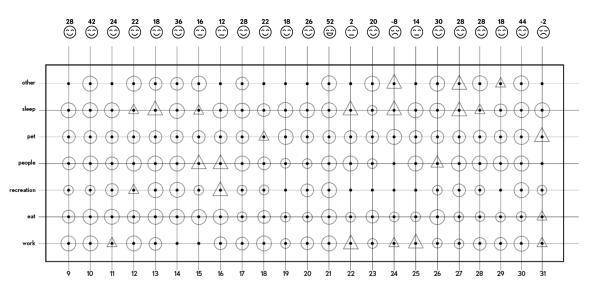


The different circles represent the total score of daily moods. Initially, we plan to use different sizes and colors to express different moods.

**DESIGN SKETCHES** 



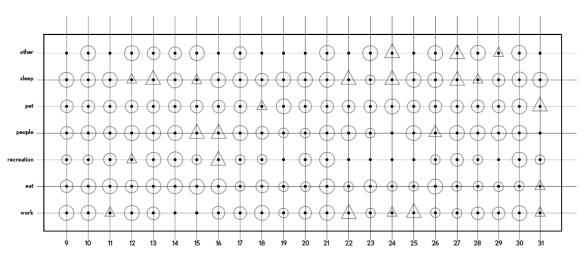
### **FINALIZED DATA VISUALIZATION 01**



### The data chart is designed by month, and this is all the moods for January.

# 28 42 24 22 18 36 16 12 28 22 18 26 52 2 20 -8 14 30 28 28 18 44 -2 (1)

#### The total score of daily mood



Circle: Good mood

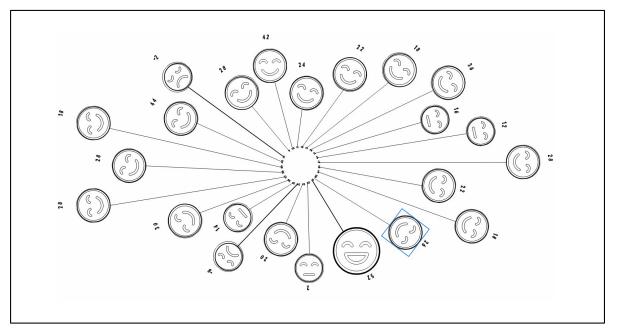
Triangles: Bad mood

Seven things that affect the mood daily: Work、Eat、Recreation、People、Pet、Sleep、Other

Daily

```
SECTION 4.3
```

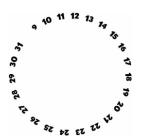
# **FINALIZED DATA VISUALIZATION 02**



The data chart is designed by month, and this is the total mood score for each day of January.



Daily Mood Score(Total 54)



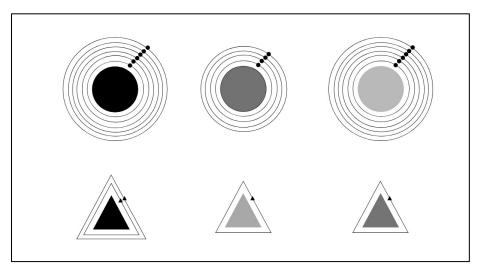
Each Day in January



The emoji icon allows people to understand the change of mood quickly.

SECTION 4.4

# **FINALIZED DATA VISUALIZATION 03**



Here will show the impact of these seven things on all days in a month based on seven things, while this chart shows only the effect of all work aspects on mood.

Each line represents each of the reasons that affect the mood.

Circles represent good mood, and different colors represent different levels of happiness.

Triangles represent bad mood, and different colors represent different levels of sadness.

### LAYOUT AND FUNCTIONALITY

### Landing Page

On the landing page, you can view this site's introduction or go directly to the explore page.



Website title

The two main parts of the website

- Introduction
- Explore

### LAYOUT AND FUNCTIONALITY(cont...)

### Introduction Page

This page will introduce the functions and purposes of the site.

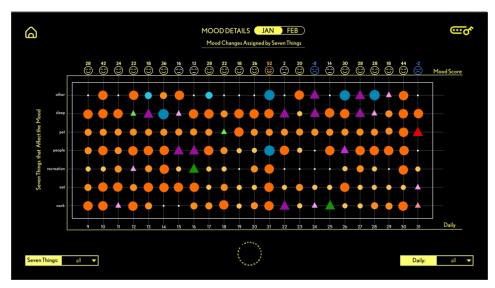


Click on this icon to return to the landing page.

# LAYOUT AND FUNCTIONALITY(cont...)

### Main Page

This page contains all the mood changes in January, mainly work, food, Recreation, people, pets, sleep, and others. These seven areas affect daily mood.





This icon can help return to the introduction page.



The key can be used to see how to read this data visualization chart.

9 10 11 12 13 14 15 16

Every day in January

MOOD DETAILS JAN FEB

Check out the mood details for January and February with this button.

27 28 29



Click here to see all daily mood scores.



Seven aspects of the impact on mood.



17 18 19 20 21 22 23 24 25

Daily Mood Score



Check the mood change of each day in a month here.

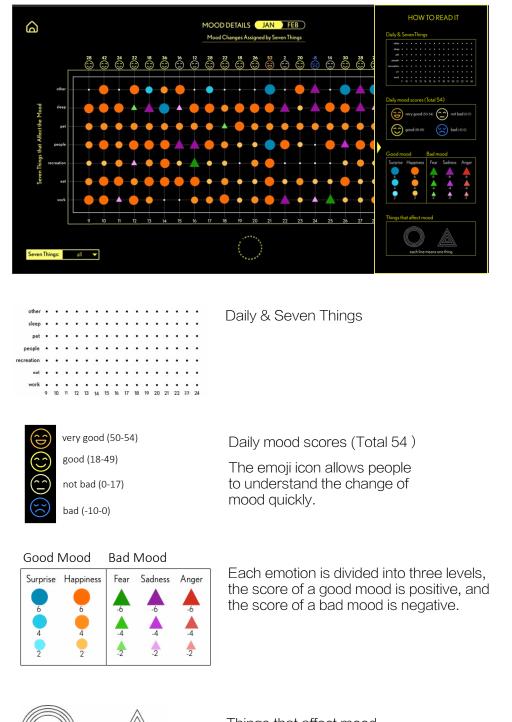


Check out the specific impact of one of the seven types on daily mood here.

# LAYOUT AND FUNCTIONALITY(cont...)

### Keys

How to read this data visualization chart.

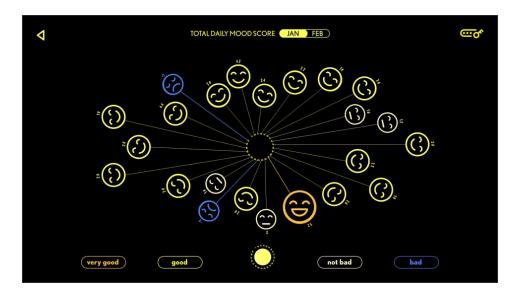




Things that affect mood

# LAYOUT AND FUNCTIONALITY(cont...)

We can see that only two days in a month, the mood is bad, most of the time, the mood is good. Remember the power of a good mood is strong.





Click here to return to the mood details page.



Each day in January

**6**...**0** 

Keys: The key can be used to see how to read this data visualization chart.



Four different moods of the emojis Yellow represents a good mood blue represents a bad mood

Daily Mood Score

TOTAL DAILY MOOD SCORE JAN FEB

Title of this page: Toral Daily Mood Score chart.

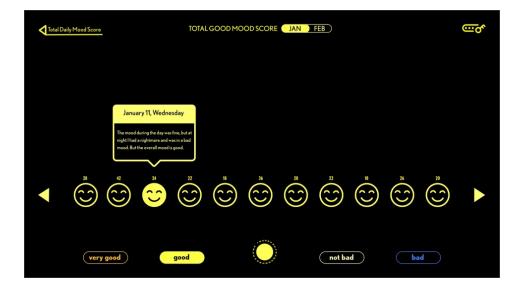


Click here to return to the mood details page.



Four different mood buttons to view details

# LAYOUT AND FUNCTIONALITY(cont...)





Click here to return total daily mood score page



Click here to continue viewing the rest of the Emojis



Click here for specific dates and reasons

# LAYOUT AND FUNCTIONALITY(cont...)

This page is mainly to help you better face the bad mood. Each thing that affects the mood will be marked on how to solve the problem.

Mood Details	ALL WORK - RELATED IMPACTS JAN FEB	<b>5</b>
	January 24, Tuesday WHY So hungry in the class HOW Studies have shown that true hunger can help your health.	
GOOD HAPPY	VERY HAPPY SADNESS	SADNESS FEAR Daily: all

Each line can be viewed at any click.

Click here to see what affects your mood and what to do about it.

### INTRODUCTION



### INTRODUCTION

The data visualization will enable you to deal positively with negative emotions.

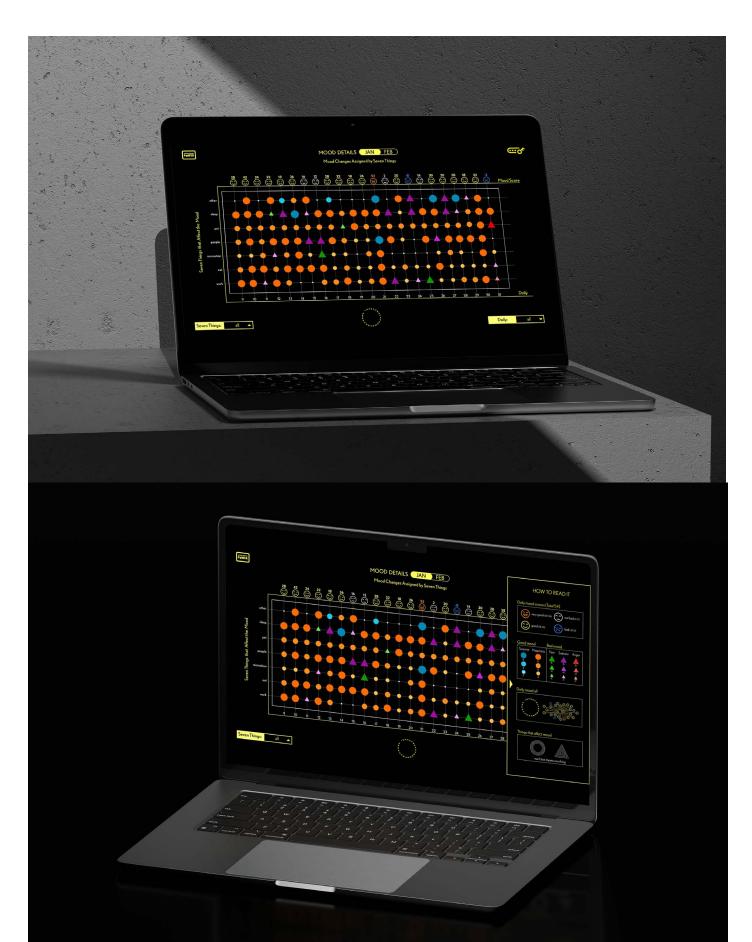
Emotions are with us every day. Life is repetitive, from working to eating to sleeping. But in the process, you will always meet people and things that make you happy.

The data shows that no matter how bad the mood is, it can't last all day. People's positive emotions always outweigh their negative ones. Therefore, good and bad things will turn into exciting memories and experiences.

Please feel the power that good moods bring us

SECTION 6.2

# DAILY MOOD DETAILS



# EMOTIONAL CAUSE VIEW



SECTION 6.3

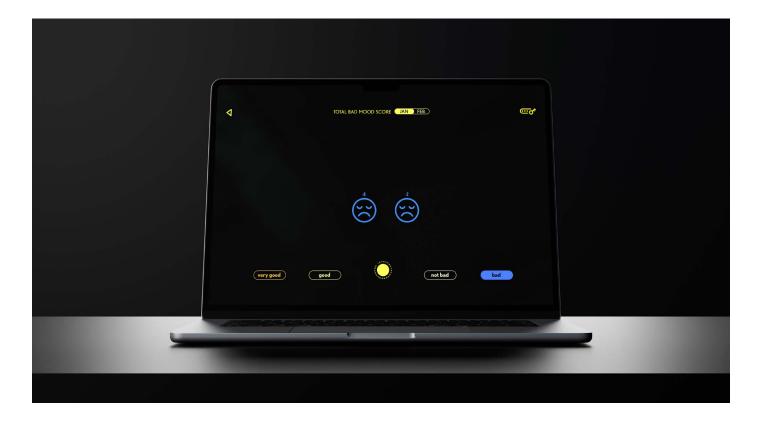
### EMOTIONAL CAUSE VIEW(cont...)





SECTION 6.3

# EMOTIONAL CAUSE VIEW(cont...)



٩	TOTAL BAD MOOD SCORE (JAN ) TEB	<del>در</del>
	January 31, Tuesday The table for back to be been bulkgraft or on the and today, with order the unit today.	
(very good)	good Office Constraints of the c	ad and a second s

# SECTION 6.4

# All WORK - RELATED IMPACTS



