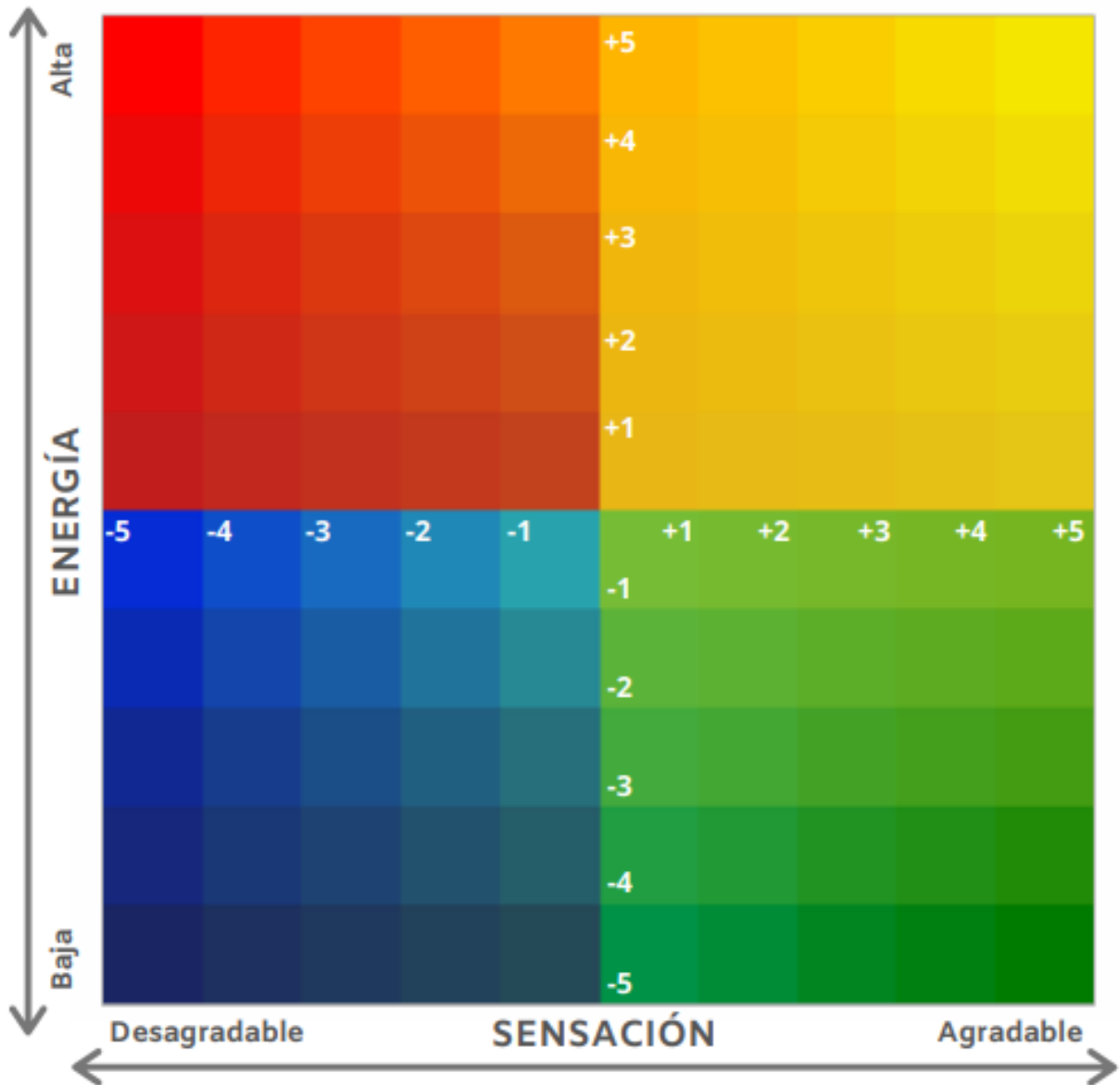


# MEDIDOR EMOCIONAL

Una herramienta para identificar, comprender y regular nuestras emociones.



Basado en "Mood Meter" del Yale Center for Emotional Intelligence: <https://ei.yale.edu/mood-meter-overview/>