

MOODS

gracie
bigler

contents

about the
collection
05



joy
06

excited
22

grumpy
14



angry
30



sad
46



calm
38



When I was in elementary school I had issues controlling my moods, so my mom made me write and draw in a mood journal. I fell in love with art through those journals and became extremely interested in activities that would help me process my emotions. This collection is a reminder that we have the power to create a better life through recognizing how we are feeling. Each hand printed graphic tee was designed with data gathered from my instagram followers about how they experience different moods. I hope this collection puts all those who come in contact with it in a better mood.

Love,
Gracie

JOY

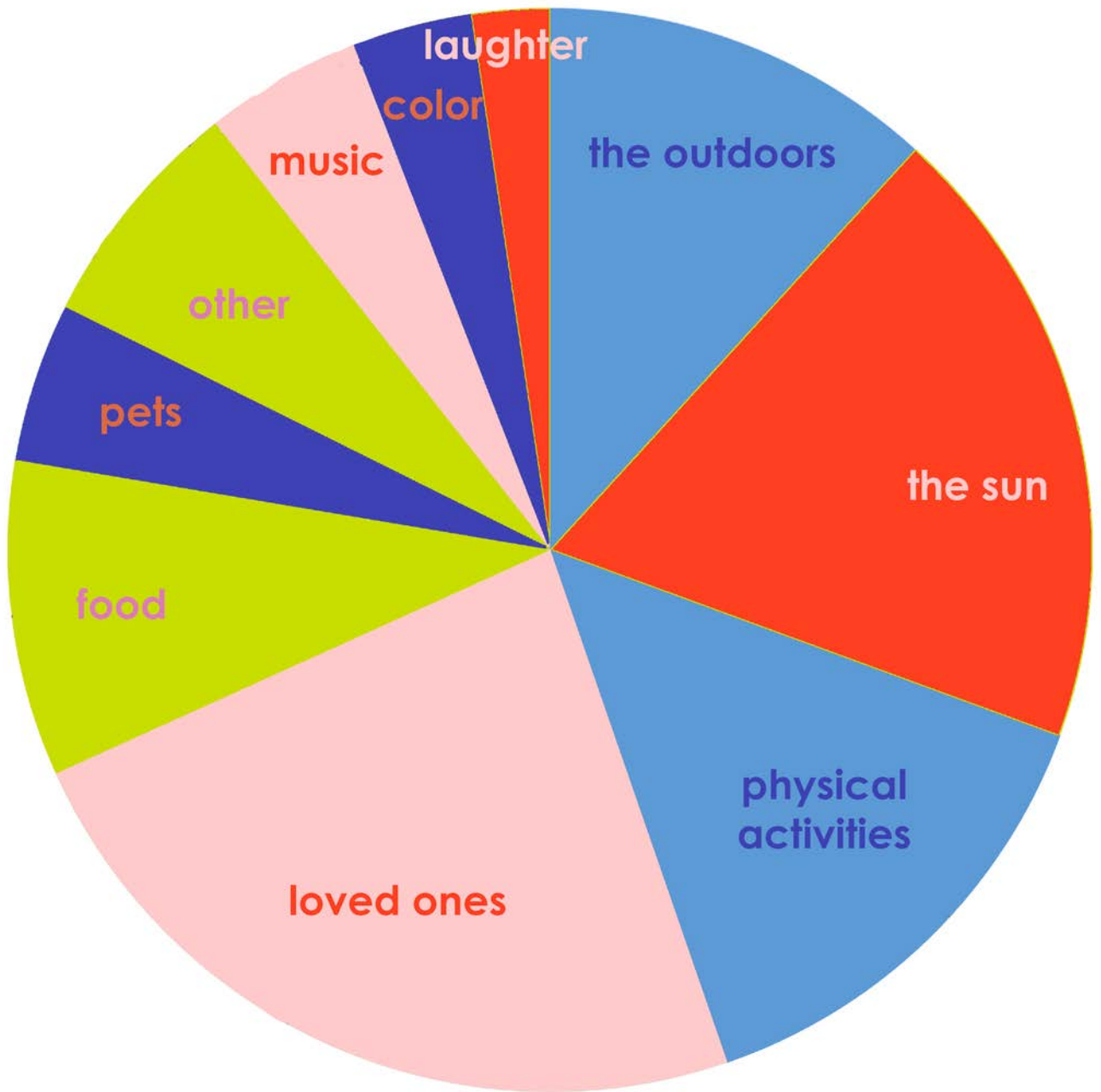
/jɔɪ/

**a feeling of great
pleasure and happiness**

*“my heart is singing for joy
this morning”*

similar: delight, jubilation, elation,
glee, bliss, triumph, euphoria, thrill



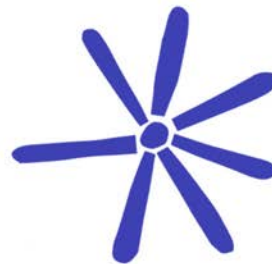


what makes you feel JOY?

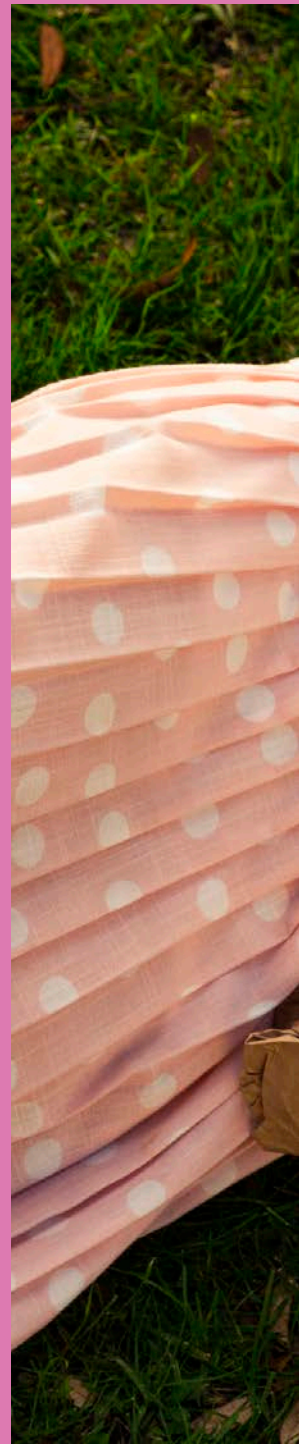
flowers hearts bright colors sunshine friends breathing fresh air
being outside love skiing snow sunshine sunshine flowers coffee
friends colours family laughing really hard with my friends and family
when my dog greets me when I get home being with my best friend
food riding a bike good music puppies sun music fresh air music
being with people I love my cats :) friends good company coffee
doing activities I love food being outside sunshine! good food!
friends walking and listening to music! good food quiet moments
my family making finishing a big project local bookstores sunshine
sunday morning church services sunshine time with friends/loved ones
when the sun hits you just right water (oceans and lakes) family!
giggles! sunsets the sunshine! good friends family traveling
bright colors friends running my daughter discovering new artists
dancing sunshine sunshine sunshowers rainbows friendships
family dancing! sunrises first cup of coffee in the morning sunshine
a peaceful snowfall on a calm winter night dogs creating art nature
people with the people I love sunny weather living life delicious food
hanging out with people you love music doing the things you love (film)

all responses from my instagram followers to the question what makes you feel joy?

HOW TO FEEL JOY



sit in the sunshine • breathe some fresh air • have a dance party
buy yourself flowers • listen to live music • swim in an ocean or a lake
laugh really hard • play with a dog • watch the snow fall
go on a walk • hang out with a friend • make some art • hug your family
move your body • ski down a mountain • support a local bookstore
wear bright colors • eat your favorite snack • drink your morning coffee
wake up for a sunrise • ride a bike • cook a big meal for yourself







HOW TO FEEL JOY

• sit in the sunshine • breathe some fresh air • have a dance party
• be yourself • flowers • listen to live music • swim in an ocean or a lake
• laugh really hard • play with a dog • watch the snow fall
• go on a walk • hang out with a friend • make some art • hug your family
• move your body • ski down a mountain • support a local bookstore
• eat your favorite snack • drink your morning coffee
• take a bike ride • cook a big meal for friends





GRUMPY

/grumpē/

bad-tempered and irritable

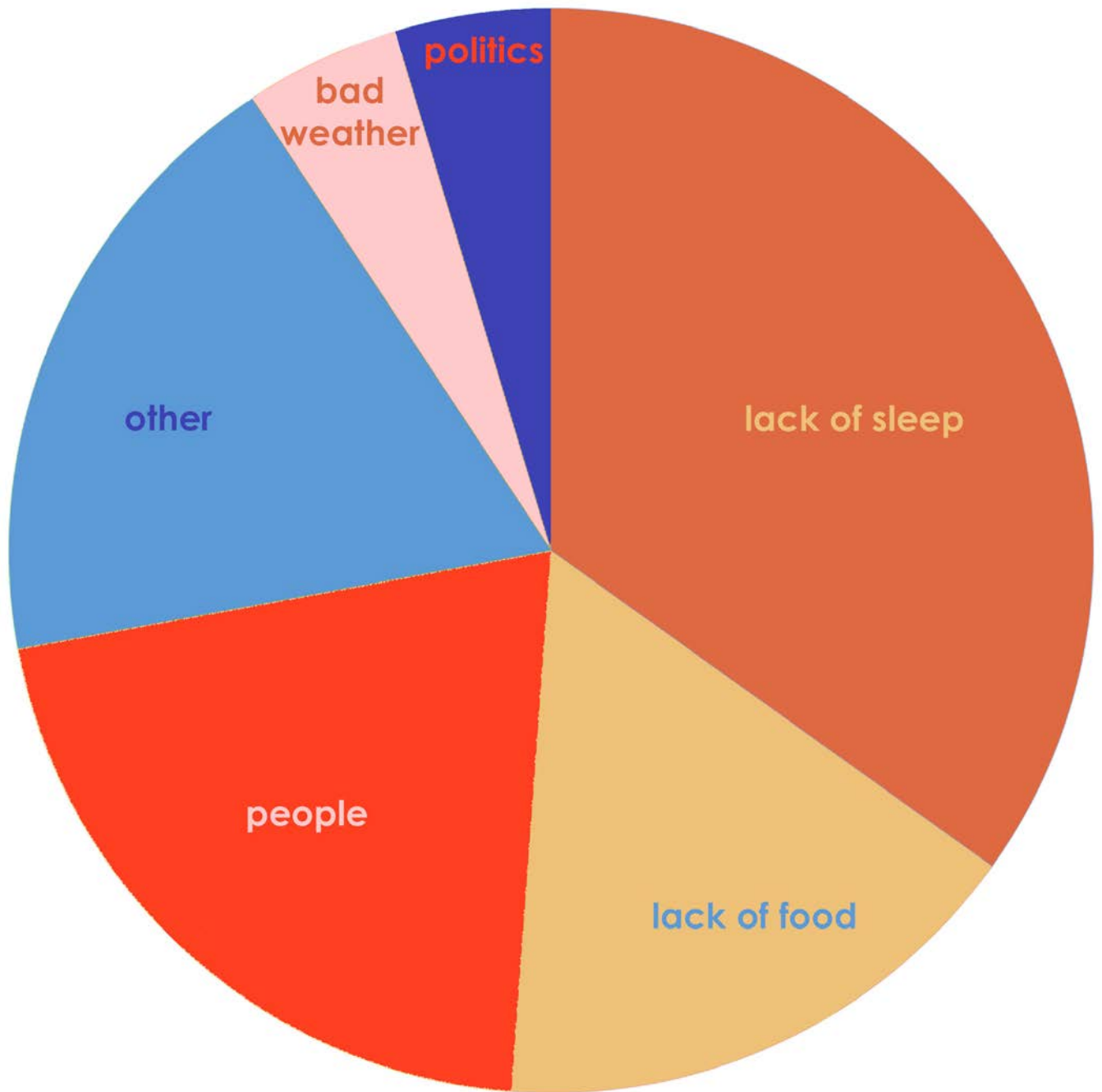
“some babies seem to be born happy, whilst others are just grumpy grouches”

similar: testy, crabby, bearish, touchy, cranky, snappy

what
makes

you
feel **GRUMPY?**

staying up too late loud mornings not enough sleep not sleeping
not having enough time for my morning/ night routine
when im excluded republicans no puppies getting no sleep
not eating anything not the phrasing of this question, thats for sure
stressed hungry feeling like im being rushed cramps!
traffic! being hungry! waking up early the fricken country
bad weather being woken up before I wanted to disrespect
failing at things no sleep lack of sleep when my food gets cold
not having my voice heard on something that I view important
homework messy strings not being understood or fully listened to
empty chip bags that I thought still had chips pet peeves zoom classes
my brother eating my food being hungry physics sometimes
lack of sleep stupidity mean people negative content on instagram
rainy weather the weather not enough sleep exhaustion
being talked over! lack of sleep waking up in the morning
all responses from my instagram followers to the question what makes you feel grumpy?





DONT EVER LET *The Jerks* INTERFERE!

for
total relief
from

GRUMPINESS

TRY







EXCITED

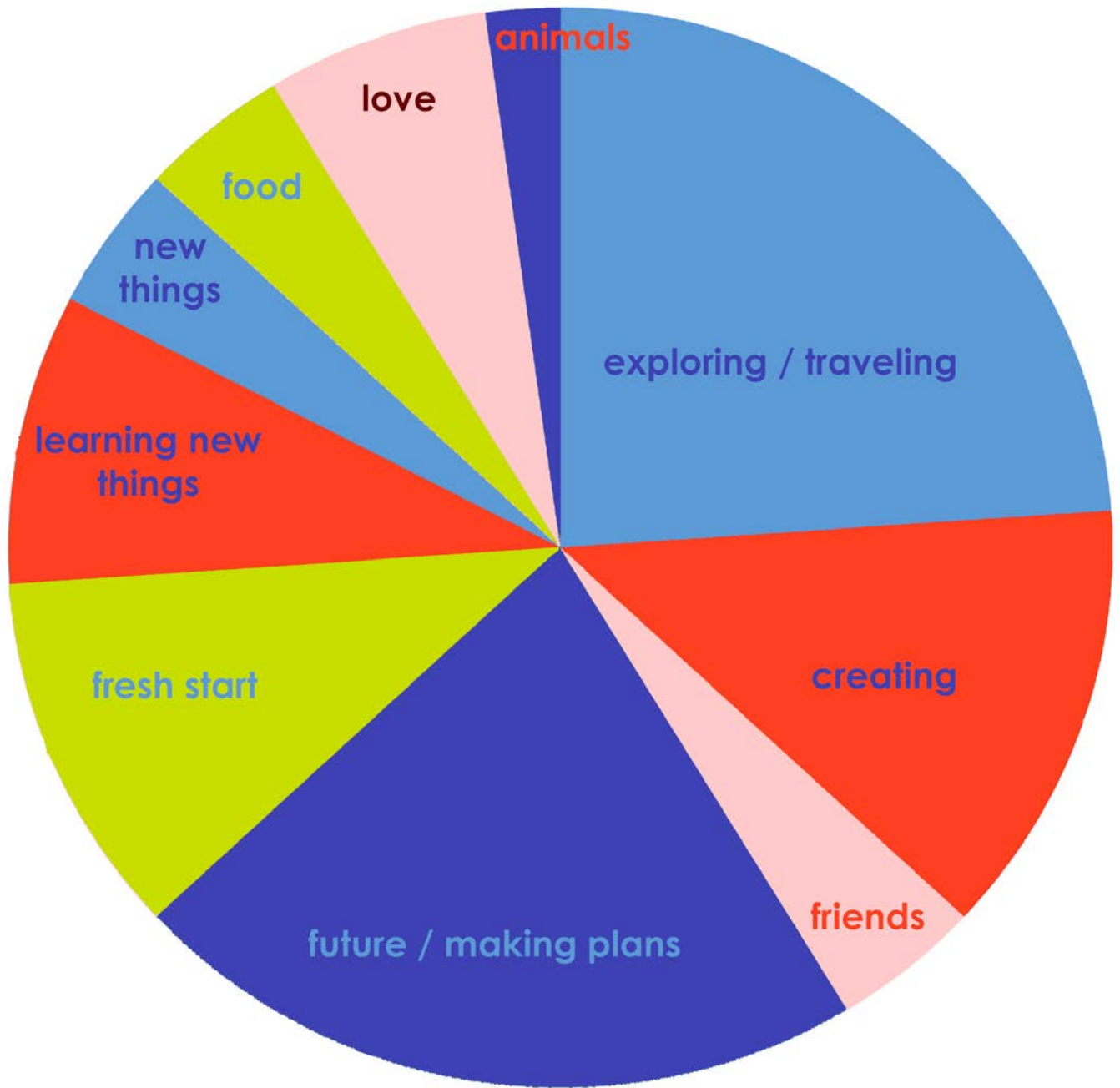
/iksīded/

**very enthusiastic and
eager**

*“how can we not be excited
about all the possibilities?”*

similar: thrilled, exhilarated, turned,
enlivened, peppy, sparky



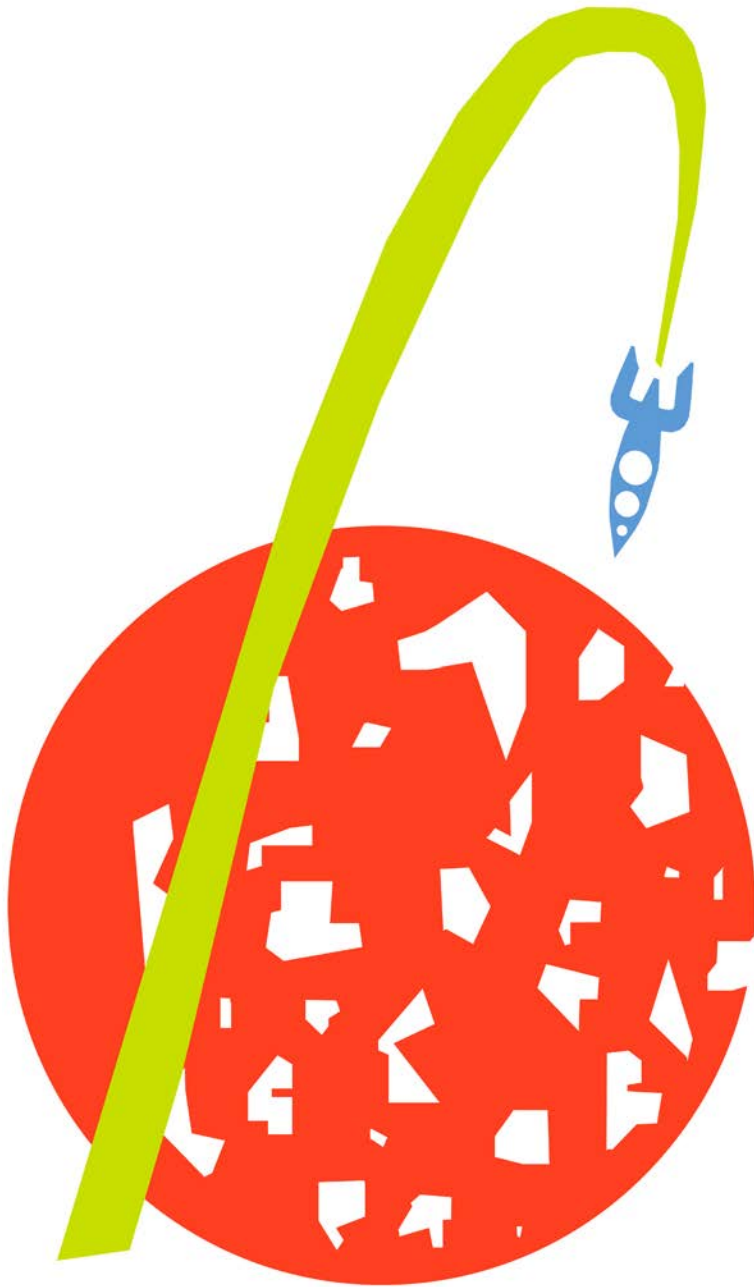


what
makes

you
feel **EXCITED?**

beautiful places going out on a day of exploring when I make art
smiley and happy friends my future!! new semester of school
planning things and seeing them come to fruition traveling getting paid
learning something new happy puppies planning things with friends
completing a project or piece of work love!!! new fabrics new things
that moment when I get an idea and I feel my brain click, then overflow
with more ideas getting married this year! interesting art great food
new places new experiences friends!!!! trying new things
georgia's blue the future a fresh start a first date trying new things
new beginnings experiencing something for the first time traveling
going somewhere / a hike / random exploration PA school
trying a new restaurant sunshine and summertime the future
making plans when some sort of art just works all the possibilities
new experiences new possibilities future planning and dreaming
passion for something doing something adventurous bedtime
the plan before the activity having plans for the future traveling

all responses from my instagram followers to the question what makes you feel excited?



SHOOT FOR THE MOON

traveling, making
plans, creating, and
learning something new
lead to a more exciting
life! go for it!!!!









ANGRY

/aNGgrē/

**strong annoyance,
displeasure, or hostility**

“I was angry that he had forgotten my birthday”

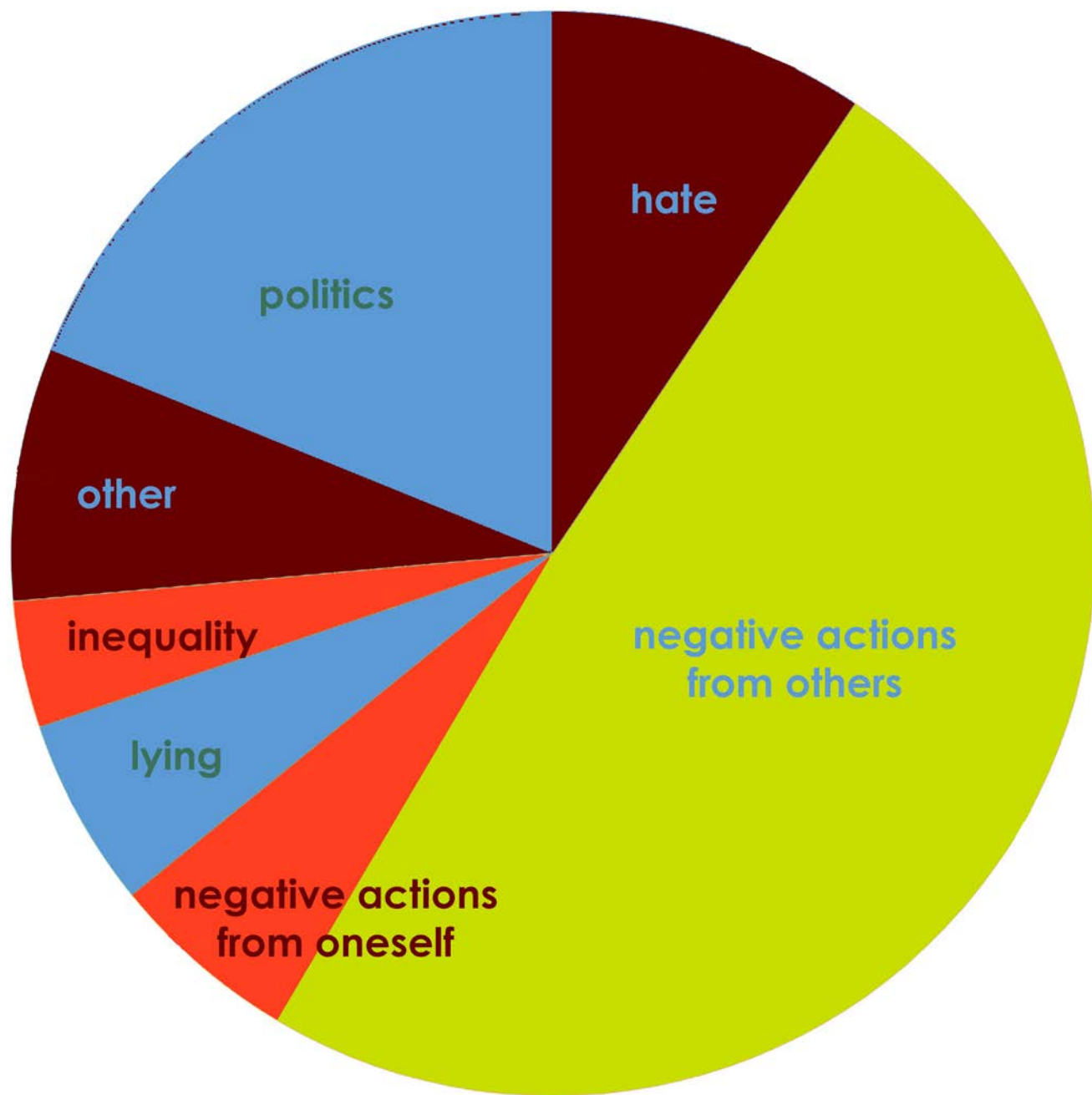
similar: furious, enraged, seething,
fuming, cross, hostile, fiery

what
makes

you
feel **ANGRY?**

hate lack of empathy ignorance capricorns lack of vulnerability
when ppl dont believe me lack of accountability bigots fox news
covid trump dumb people the USA food waste being dismissed
lack of empathy not being able to get something right lying
trump supporters when I am catcalled in the streets homophobia
ppl that scream on speaker phone too many things this fricken country
hateful people injustice racism ppl that are ungrateful
when plans are cancelled when someone doesn't understand me
ppl in group projects that put in absolutely nothing antisemitism
general assholery injustice inequality rude people lack of empathy
dishonesty being ignored being interrupted forgetting things
republicans politics/media judgement anti-science movement
disrespect of others mosquitoes stupidity being lied to trump
news and politics unfairness selfishness inequality politics
people not willing to understand life at times

all responses from my instagram followers to the question what makes you feel angry?







take a moment to unwind
when you're feeling angry



CALM

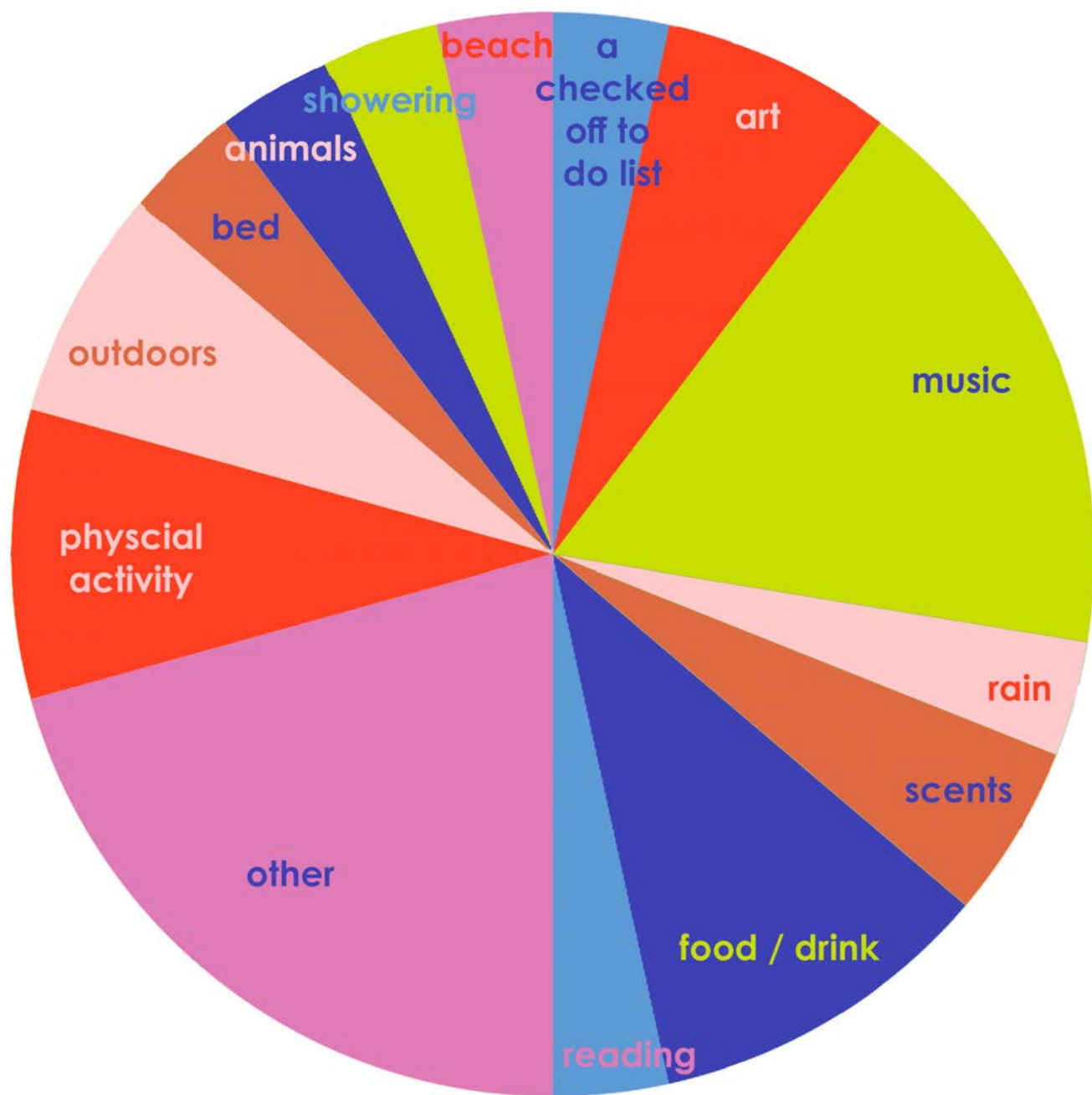
/kə(l)m/

**not showing or feeling
nervousness, anger or
other strong emotions**

“after a storm comes a calm”

similar: peaceful, still, tranquil, restful,
undisturbed, serene





what makes you feel **CALM?**

a checked off to do list drawing listening to music rain candles
lavender incense morning cup of coffee reading listening to music
soft music wine music being outside when the weather is nice
music music my bed thunderstorms exercise outdoors yoga
petting an animal reading a book showering doing a face mask
getting a cuddle or a hug going for a walk the beach music
walking a dog drinking tea watching a movie in bed
drawing/ doodling essential oils good conversations
music lavender! comfort food! hot showers! long car rides!
cross stitch resolution the waves at the beach walking music art
running yoga nature completing a big assignment tea meditating
music I like an interior with light warm tone wood panels
soft textures warmth fresh air reading essential oil diffuser
walks with a dog reading a sunset peace love serenity music
baths incense marijuana yoga soft music walking in nature
tea music scented oils nature family friends
pop in a brownie and chill to some music birds rain sounds fresh air

all responses from my instagram followers to the question what makes you feel calm?



CALM DOWN



drink tea



check off your
to do list



take a shower



watch some birds



listen to music



go to the beach



enjoy nature



do yoga



watch the rain fall



CALM DOWN



drink tea



check off your
to do list



take a shower



watch some btds



listen to music



go to the beach



enjoy nature



do yoga



watch the rain fall





SAD /sad/

feeling or showing sorrow

“how sad that his smile was so rare”

similar: sorrowful, down, glum,
gloomy, blue, melancholy,
heartbroken, down in the dumps

what makes you feel SAD?

change, when it first happens being alone the state of our country
suffering when I see people hurting and I cant help them aging
the state of the world right now when my alarm goes off in the morning
that my family all lives in different places animal cruelty death
being away from you coronavirus sad puppies mistakes I've made
being away from friends and fam when someone lets you down
the thought of graduating and not seeing people anymore
the feeling of people not being there for u or listening to u when u need it
missing places specific triggers that bring up memories
viewing suffering of other people missing people being let down
problems in the world that I cant solve, they make me feel powerless
past lovers job rejections this fricken country injustices loneliness
friends in pain loneliness bad things happening to good people
seeing others in pain being far from family distrust violence the rain
feeling isolated choosing to side with ignorance how fast time flies
feeling alone stress not being appreciated plans not working out
missing my family being alone dogs unhappy dogs without homes
certain songs certain movies lack of creativity feeling let down

all responses from my instagram followers to the question what makes you feel sad?





feeling lonely a major cause of sadness











all photos by
Julia McCartney
@juliamccartneyx
juliamccartney.com

a special thank you to

@ellathibs	@szattern	@olivia.steinmetz
@lanceblangel	@josie.hansen	@mariaenglehart
@laur_hende	@npluto	@juliamccartneyx
@maddietyler_	@rachael_feece	@nkwalker82
@beth.coll	@shanstrickland8	@janssenswent
@ellaaarasss	@martipro_	@subwaycookie_
@katsours	@gracewiehl	@emma_archbold
@jacob_hirsch	@sinead_hornak	@mathiajacobson
@emilykglynn	@madileeko	@mia_dempsey
@sophfigueroa	@stephx_xx	@betsyhowerton
@skittlebunn	@anniegrace37	@jacobpiller
@goolgasian	@carlybjork	@clairechangtetz
@morgan_willo	@natalie.t	@daniellemarie8a
@ellajdaniels	@elitsaholm	@jacischreckengost
@loweah	@noa_heart	@mariaenglehart
@dwedee	@alisamodel_	@rachel_sobiesk
@maya.looney	@meg_geschwind	
@chloboe_33	@brockgrafstrom	