

Hi, I'm Asha, and we're here at Youth Radio, where I lead a team of young people in our Interactive Department.

Young people learning how to code and design to create change in their community. And we just created a new app called Mood Ring.

It encourages you, and other young people, to track how they feel using emojis.

It's available for free on the Google Play Store and the IOS App Store.

This is Mood Ring, your emoji journal, and when you open it up, you just click "enter feeling," you say how you're feeling today, you can click as many feelings as you want, you explain why, and then it gives you your report of how you've been doing.

It's kind of like a journal, but it's organized by your emotions. And you can reflect, you can check out resources, you can share this with your friends, you can share it with your parent, or your go-to person...

Mood Ring is a great tool to meet young people where they're at and encourage them to reach out.