

Emotional Intelligence

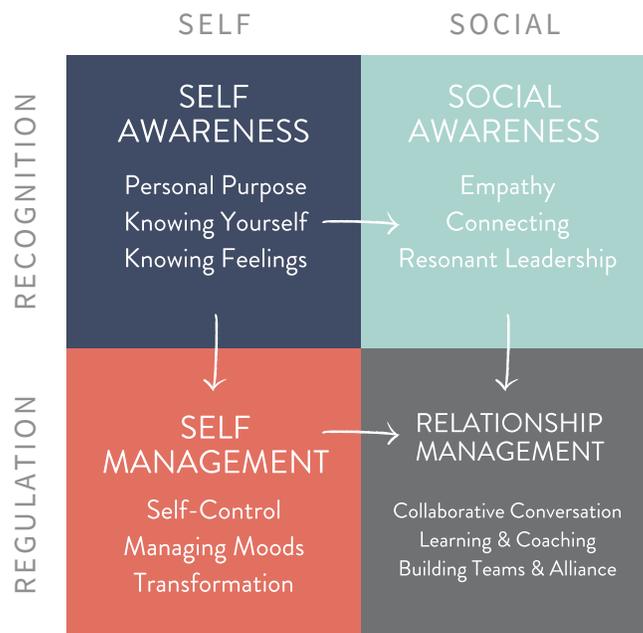
How are you feeling?

Recognition and awareness is key and first, for ANY topic we cover.

Our feelings are a form of information. And we need to access that information to figure out what it's telling us, so we can make informed decisions.

GOAL: Not to just feel happy, but to feel everything.

Wellness is not a state of being, but a state of action.



RULER

A measure designed by Marc Brackett, PhD and the Yale Center for Emotional Intelligence. Outlined in the book, "Permission to Feel". This is a great exercise to teach children, to empower them in their feelings as they grow.

R Recognizing emotions in self and others

U Understanding the causes and consequences of emotions

L Labeling emotions accurately

E Expressing emotions appropriately

R Regulating emotions effectively

RESILIENCE SKILLS

1. To be resourceful and utilize good problem-solving skills
2. More likely to seek help
3. Hold the belief that they can do something that will help them manage their feelings and to cope
4. Have social support available to them
5. Are connected with others, such as family or friends

Which one do you feel you do well?
Identify it specifically and describe it.
Realize that is something that is serving
you and keep it up.

Consider choosing one to focus on moving
forward. Is there one in particular that you
feel drawn to, that you think has been
missing in your self care? Commit to
practicing that in the next 5 days.