

EMOTIONAL INTELLIGENCE (EMOTIONAL QUOTIENT) “EQ”

Is the ability to understand, use, and manage your own emotions in positive ways.

Why is it important that one should be emotionally intelligent?

- It increases Personal well being and decreased occupational stress. If one is unable to manage one's emotions one will not probably manage stress either. This can lead to serious health and make you vulnerable to anxiety and depression. Failure to understand, get comfortable with or manage your emotions will lead to struggle for strong relationship. This can leave you lonely and isolated; it can also trigger mental health issues.
- It helps to build stronger relationships. One is able to express how you feel and understand how others are feeling. This allows effective communication, which is a crucial aspect for strong relationships at work and personal lives.
- It can help you connect with your feelings, turn your intentions into actions and make informed decisions about what matters most to you.
- Being in tune with your emotions helps, to connect you to other people and the world around you. The social intelligence enables you to recognize a friend from a far.
- It helps to increase team performance. It increases leadership ability and contributes to your personal success.

EMOTIONAL INTELLIGENCE INVOLVES:

- **SELF MANAGEMENT / SELF REGULATION** by controlling impulsive feelings and behaviors, taking initiatives and adapting to changing conditions
- **SELF AWARENESS:** One should be able to recognize one's own emotions and how they affect your thought, and behaviors. Know your strengths and weakness and have self control.
- **SOCIAL AWARENESS / EMPATHY.** You should be able to validate others, understand their emotions, needs, concerns. Feel comfortable, be social and recognize the power of group dynamics / or organizational dynamics
- **RELATIONSHIP MANAGEMENT.** One should strive to develop and maintain good relationship, communicate clearly, inspire and influence others, work well in a team and manage conflict.

HOW CAN WE DEVELOP AND IMPROVE OUR EMOTIONAL INTELLIGENCE

- Respond instead of reacting. Emotionally intelligent people keep calm during crises. Do not act impulsively.
- Celebrate positive moments; even in times of distress remember the positive times. This will improve your mood and get you back to working out a solution to your problem.
- Improve on your listening skills; Listen to understand instead of waiting to speak.
- Take criticisms well.
- Keep a Diary or a journal and track certain occurrences, trends, stressors. This helps you to identify and reduce the stressors.
- Eat right, food has significant affect on your emotions.
- Practice leaving your comfort zone. Beautiful things happen when you learn to leave your comfort zone. The biggest barrier from reaching your potential is fear.
- Be responsible for your feelings, because the emotions and behaviors come directly from you. An emotionally intelligent person does not blame others for his/her actions or reactions. You responsible for your own anger
- Be proactive-taking charge of your mental and physical health.
- Trust your intuition, take a deep breath, focus on the sensations in your body, and ask yourself how you feel about that decision.

In conclusion being intelligent in the brain can help us go through school and universities one can pass all the examinations in school, get all the fame and glory. But without Emotional intelligence, one will fail the life examination. Emotional intelligence is equally important in our personal success.