

The Key Elements of Emotional Intelligence

Developing emotional intelligence is important because it helps you:

- Recognize your own emotions and those of others
- Discern between different feelings and label them appropriately
- Use emotional information to guide thinking and behavior
- Manage and/or adjust emotions to adapt to environments or achieve one's goals.

Building emotional intelligence also supports the development of strong relationships and helps young people manage difficult situations. Your Emotional Intelligence Quotient (EQ) is made up of five key elements. Keep reading for ways you can build upon these to strengthen your emotional intelligence:



1

Self-awareness

When you're self-aware, you know how to identify your emotions and understand how your emotions and actions can affect people around you. To improve your level of self-awareness, you can keep a journal to document how you feel and respond to issues and regularly reflect on your growth in this area.



2

Self-regulation

Self-regulation is about staying in control of how you respond to experiences and the way others behave. Learning how to self-regulate will help you make better decisions, especially when you're dealing with complex emotions. The first step to mastering self-regulation is defining your values and understanding where you will and will not compromise. Ultimately, you can become more aware of how you respond to challenging situations and adjust any negative reactions.

3

Motivation

Being motivated pushes you to work consistently toward your goals. You are willing to defer immediate results for long-term success. You can improve your motivation, by always keeping in mind why you started toward a certain goal. Motivation also helps you move past any disappointments or frustrations that occur on the way to reaching your goals.

4

Empathy

When you're empathetic, you can put yourself in someone else's position to better understand their experience by focusing on when you've dealt with similar emotions. You can improve your empathy by paying attention to your body language when communicating with others (like crossing your arms, frowning, or avoiding eye contact).

5

Social Skills

Developing good social skills will help you manage change and resolve conflicts more easily. You can build your social skills by focusing on listening during conversations in order to offer more thoughtful responses. Additionally, you can find ways to praise others for the work they do or talents they have to build and maintain relationships.

Even if you already have many of the elements of emotional intelligence, it's important to look for opportunities to strengthen them, which can help you increase your leadership potential and improve the quality of your relationships.

Source: www.mindtools.com



For more information about resources to support emotional health, contact Capital Area Human Services at **225-925-1906** or visit **www.realhelpbr.com**.