

HEALTH IN ACTION



Emotional Intelligence

Emotional intelligence is the ability to identify and manage your emotions in **positive ways**. Also known as emotional quotient (EQ), it can be as **important as IQ** in your personal life and your work.

Learning to regulate your emotions when necessary and helping others to do the same is key to EQ, according to the American Psychological Association. For example, if you are angry about a disagreement at work or in your home life, listening carefully to other points of view and controlling your emotions to work on constructive ways to resolve the problem can have a far better outcome than losing your temper.

In fact, a high emotional intelligence or EQ can help you lead and motivate others. And managing your emotions can lower stress levels, reducing the risk for health problems, including hypertension, heart disease and depression.

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People with high EQ are better able to handle life’s challenges, build strong relationships and create positive environments at work and at home.”

TIPS FOR STRENGTHENING YOUR EMOTIONAL INTELLIGENCE:



- ✓ **Identify your emotions.** If you stop and think specifically about what you are feeling before you act and judge people or situations, you’ll learn to better regulate your emotions.



- ✓ **Understand why you are feeling that emotion.** Consider why you react a certain way to individuals. Is it jealousy? Did that person hurt your feelings in the past? Or does a coworker remind you of a former partner who was consistently critical? Recognizing reasons behind your emotions can help you change your perspective in what could otherwise be stressful interactions.



- ✓ **Consciously work to regulate your emotions.** That doesn’t mean ignoring them. But instead of acting on anger or ruminating for hours about a disappointment, find ways to calm yourself — through exercise, music, spiritual practices or relaxation videos.