



5 WAYS TO BOOST EMOTIONAL INTELLIGENCE

OFTENTIMES, WE DON'T KNOW HOW OUR ACTIONS AFFECT OTHERS UNTIL WE ARE DEALING WITH THE CONSEQUENCES. BEING AWARE OF EMOTIONS - OURS AND OTHERS - HELPS US BUILD HEALTHY RELATIONSHIPS.

5 WAYS TO BUILD HEALTHY RELATIONSHIPS:

1

NAME THE FEELING



- Labeling emotions boosts **emotional intelligence (EI)**, aiding in emotional control.
- This practice **enhances communication** and empathy with others.



2

FOCUS ON OTHERS



- To enhance EI, **observe** and be mindful of others' emotions.
- **Pay attention** to their feelings in various situations.
- Focus on emotions rather than arguments **to improve future interactions**.

3

CONSIDER YOUR FEELINGS



- **Understand** your emotions and **the reasons behind them**.
- While emotions are neither good nor bad, some can prove to be problematic.
- When you understand the cause of an emotion, **you can address it - if necessary**.

4

UNDERSTAND CAUSE AND EFFECT



- Emotions impact **judgment**, like when used in **negotiation**.
- Awareness and control of emotions are vital to prevent impaired **decision-making**.

5

BE RESPONSIBLE FOR YOUR FEELINGS



- **Taking ownership** of your emotions is crucial for **handling situations professionally and amicably**.
- Understand that while others' actions may impact you, **your emotions are your responsibility**.
- **Avoid blaming** others for how you feel, as it indicates a lower level of EI.
- **Try reframing** situations by acknowledging your emotional responses to others' actions.



Read Harvard University's article, **"How to Improve Your Emotional Intelligence"**



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