

EMPLOYEE ASSISTANCE PROGRAM

IMPROVE YOUR WELLBEING BY DEVELOPING YOUR EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to recognize, understand and manage your emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Developing your emotional intelligence can improve your overall happiness and wellbeing by making you feel better about your self and your relationships.

Emotional intelligence comprises several key components:

- **Self-awareness:** Recognizing and understanding your emotions, including their triggers and impact on your thoughts and behavior.
- **Self-regulation:** Managing your emotions, such as handling stress, controlling impulses and adapting to change.
- **Empathy:** Being able to perceive and understand the emotions of others, fostering stronger connections and relationships.
- **Social skills:** Building positive relationships and effective communication, conflict resolution and teamwork skills.

Tips for Improving Wellbeing Through Enhanced Emotional Intelligence

- **Practice mindfulness.** When you observe your thoughts and feelings, you learn to understand your emotional responses to various situations. This awareness helps you make informed decisions and respond rather than react impulsively.
- **Develop self-regulation.** Self-regulation skills are crucial for managing stress and promoting wellbeing. It involves recognizing when you're experiencing negative emotions and employing strategies like deep breathing to calm yourself.
- **Show empathy and compassion.** Actively listening and trying to understand the feelings and perspectives of others helps you build stronger, more meaningful relationships by connecting with them on a deeper level.
- **Enhancing social skills and building relationships.** Building and maintaining positive relationships with friends, family, and colleagues can provide you with emotional support and a sense of belonging.
- **Enhancing emotional intelligence is a powerful tool for improving your overall wellbeing.** Practicing mindfulness, managing stress, fostering empathy and building positive relationships are all steps in the right direction.

