



Emotional Intelligence

Becoming more aware of our emotional intelligence: is the ability to use, understand, and manage emotions in addition to understanding the emotions of others. Kendra Cherry, MS.Ed., and Shereen Lehman, MS, offer some important signs of emotional intelligence:

- The ability to identify what someone is feeling
- An awareness of personal strengths and limitations
- Self-acceptance
- The ability to accept and embrace change
- Being sensitive and empathetic to others' emotions

There are four primary components of EI:

1. **Perceiving emotions:** understanding the emotions of yourself and others
2. **Reasoning with emotions:** using emotions to promote thinking and cognitive ability
3. **Understanding emotions:** emotions can carry multiple meanings; emotional intelligence can help us analyze what is causing this emotion.
4. **Managing emotions:** emotional regulation and responding appropriately to others' emotions.

They suggest three skills to focus on if you wish to improve your emotional intelligence:

- **Listen:** take time to really process and understand what someone is saying. Pay attention to their body language, too.
- **Empathize:** To recognize an emotion is great, but to be able to put yourself in the other person's shoes is also necessary. This helps us build relationships and emotional understanding.
- **Reflect:** Consider how your emotions influence your decisions and behavior. Be aware that other's emotions will also impact how they act and interact with you.

To learn more, [click here](#).