

MINDWELL

Session #2 Emotional Intelligence

Emotional Intelligence Definition:

- Ability to experience and name your emotions and those of others, and move productively forward. Focus of session: self awareness and self management.

Benefits of EQ:

- Reduced anxiety and stress, defuse conflicts, improve relationships, empathize with others, overcome life's challenges, enhance organizational culture.

Recognize and name emotions:

Start with the basic emotions and then go deeper - name to tame!

- MAD, GLAD, SAD & SACRED

The stress response:

- Takes us away from the present moment - mindless
- Shifts our attention away from the intelligent forebrain where we access patience and empathy to the primitive, reactive hindbrain - amygdala where we lose conscious control of our emotions
- Negative thought biases are created - we unconsciously look for threats in our environment

Invitation to shift from.. the 'stress response' to your response to stress!

Common reaction - blame others for our emotions. Taking ownership = being empowered!

Use KNOT process to create a **GAP - mindful pause** - time to reflect & respond

Step 1 - Know your triggers

Step 2 - Name the emotion

Step 3 - Observe, feel our body

Step 4 - Take ownership

Examining Emotions & Beliefs - what are your potentially false beliefs? What are the consequences of those beliefs - do you want to keep reinforcing them?

Tools for developing your EQ:

- Presence / non-judgement
- Patience
- Listening
- Openness
- Compassion
- Empathy
- Vulnerability
- Accountability

*Stress is not what **happens** to us, it's how **we respond** to what happens and our response, is **our choice**.*

