



NOVEMBER

Encouraging Emotional Intelligence

Overcoming Mental Health Obstacles & Achieving Wellness

Emotional intelligence, also known as emotional quotient (EQ), is the ability to comprehend and manage your emotions in a healthy way in order to overcome obstacles. Examples of obstacles include stress, conflict, tumultuous relationships, and challenging situations. High EQ allows a person to be their best self by teaching them to connect to their emotions and the emotions of those around them in an effort to make intentional, informed decisions.

IMPORTANCE OF EMOTIONAL INTELLIGENCE

Your workplace, health, and relationships are all impacted by emotional intelligence.

Your EQ is an asset in the workplace. While many companies value intelligence quotient (IQ), research has determined that EQ is 4 times better at predicting a person's success than IQ. Similarly, managers with stronger emotional intelligence surpassed their annual revenue goals by up to 20 percent.

Your EQ also affects your mental and physical health. Those with a lower EQ tend to struggle with stress which can lead to raised blood pressure, increased risk of heart attack or stroke, and a suppressed immune system. The mental toll of living with uncontrolled emotions is considerable and can leave you more susceptible to anxiety and depression.

The strength of your relationships is impacted by your emotional intelligence, as well. When you are in tune with your emotions and manage them in a healthy way, you're more likely to be cognizant of the needs of others. High EQ provides you with the tools to effectively communicate and strengthen relationships. Alternatively, low EQ can cause misunderstandings that may damage relationships.

HOW TO IMPROVE EMOTIONAL INTELLIGENCE

The four attributes listed below all factor into developing your EQ. By boosting each of these areas, an individual can increase their emotional intelligence.

- **Self-awareness**—know yourself and your relationship with your emotions. *Are you someone who leans into your emotions and allows them to influence your decisions, or are you someone who distances yourself from them?* To be self-aware, you must learn how your feelings impact your thoughts and actions.
- **Self-management**—regulate your emotions and make mindful decisions regarding your behavior. Once you are able to control impulsive behaviors and intrusive thoughts, you will have a stronger EQ.
- **Social awareness**—understanding others' nonverbal indicators can help you comprehend a variety of emotional states. To be socially aware, you must be empathetic and present in the moment.
- **Relationship management**—to build a strong relationship you must regulate your actions and emotions and respond appropriately, reflecting your understanding of the person with whom you're communicating.

By improving your emotional intelligence, you become a more marketable worker and a healthier individual with more meaningful relationships.

As 2022 continues to unfold, Creative Benefits, Inc. will send you valuable information and resources to help you prioritize your mental health and well-being.