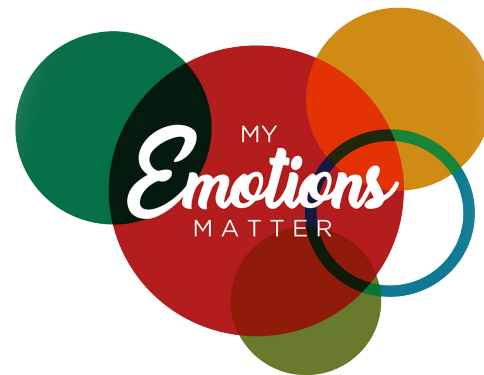


Practicing Emotional Intelligence During Times of Crisis

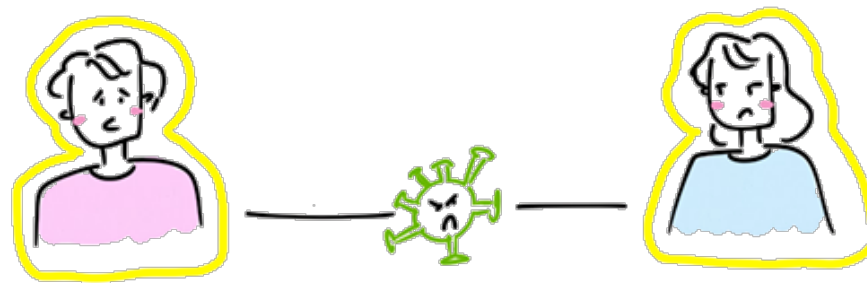
A guide for students



#EMOTIONALINTELLIGENCE #MYEMOTIONSMATTER

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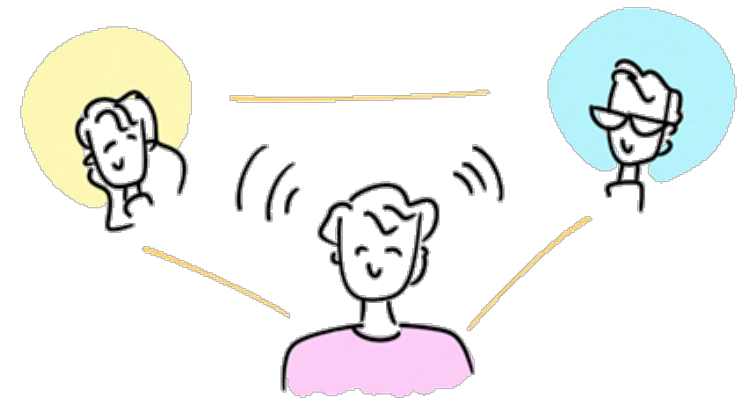


During uncertain times, managing ourselves can be difficult. When the situation calls for calmness and thoughtfulness, a lack of Emotional Intelligence might prompt us to be reactive and unwise. By approaching challenging times with the skills of Emotional Intelligence: the ability to identify, understand and manage our emotions as well as deal constructively with the emotions of others, we enhance the relationships we share with ourselves as well as those around us.

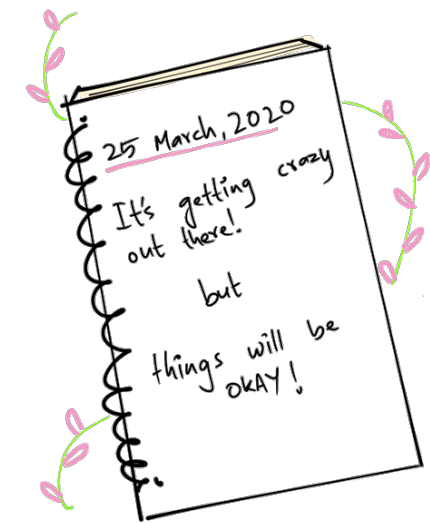
Identifying Our Emotions

1. Notice what is affecting you. A prompt that can help you identify your emotions is: "When _____, I feel _____".

When I have meaningful conversations,
I feel joyful.



2. Journaling is a simple and effective way to keep track of your emotions. It can be done in your own way and any medium can be used to document your experiences. Feel free to be as creative and expressive. You can simply do it on your notebooks or even document it digitally (you can use apps like Day One).



Identifying Our Emotions

3. Use the Rose/Thorn/Bud tool to better understand the emotions you experience on a daily basis:

Rose: What was one positive experience today?

Thorn: What was a negative experience today?

Bud: What am I looking forward to?

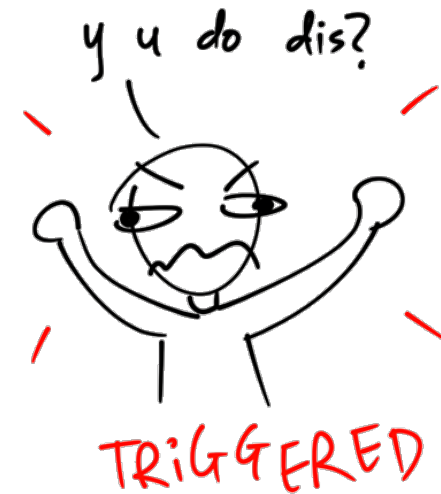


4. Reflective questions that can help you understand your triggers and responses:

What triggered me during the day?

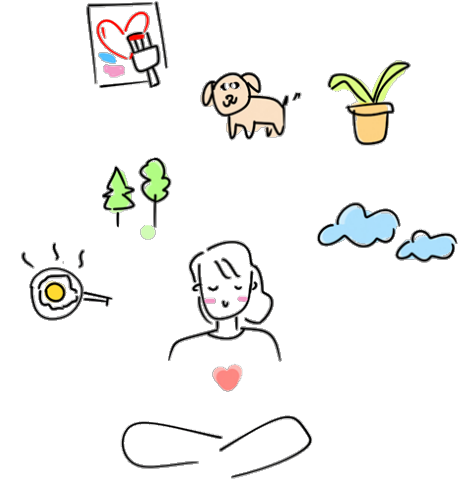
What emotions did I feel?

How did I respond?

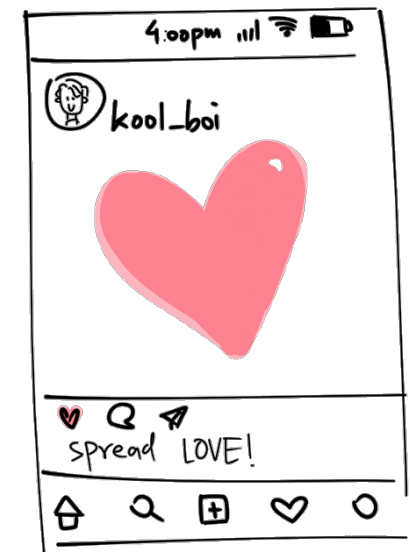


Regulating Our Emotions

1. Practicing mindfulness (paying attention to the present moment without getting lost in thought) can be a helpful way to keep ourselves calm and focused. Meditation is one of many ways to practice mindfulness. If you aren't comfortable meditating, you can practice mindfulness through art, colors, music or poetry. Feel free to create!



2. We spend the majority of our free time engaged in social media. It's helpful to take a step back and notice what we are contributing through our inputs. Let's help in spreading a positive outlook by sharing our creations, experiences, and any kind of work that helps spread positive and uplifting messages. Share what you create and inspire others to create!



3. If you feel overwhelmed, take a pause and notice how you're feeling. Just by labeling your emotions, you give yourself a better chance of responding rather than reacting.



Expressing Our Emotions

1. Feeling based conversations can help fuel better connection with family and friends:

How are you feeling?

What makes you feel ____?

What thoughts come to your mind when ____?

What are some instances when you feel ____?

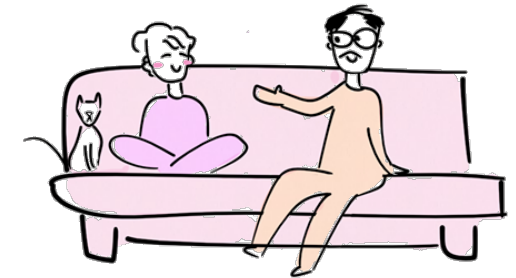
What made you feel that way?

What do you do when you feel ____?

What do you think/feel when I do ____?

What would make it easier for you to do ____?

What can I do to make you feel safe and comfortable to share your thoughts?



2. Identify your support systems/safety net and ask for help, guidance and clarity:

I'm struggling with _____. Can we talk about it?

I'm still not understanding _____. Can you share your perspectives?

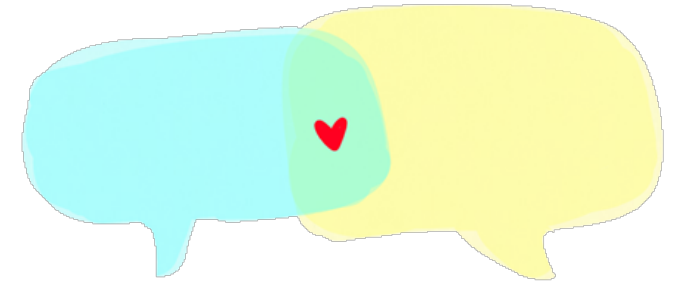
I'm not sure what I need. Can you listen to me?

I'm here for you.



Expressing Our Emotions

3. Just like us, everybody has their own hopes, needs, and concerns during times like this. It's important to communicate with others in a non-threatening way that invites connection rather than shame, blaming, or judgment.



4. Practice clear communication to avoid potential conflict. Seek first to understand rather than to be understood.

