

Practicing #EmotionalIntelligence during times of crisis

9 simple ways to understand yourself and manage your emotions to build better connections



#EMOTIONALINTELLIGENCE #MYEMOTIONSMATTER

www.myemotionsmatter.com





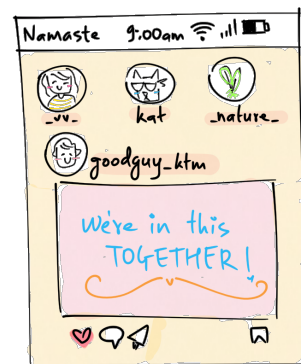
1. Notice what's bothering you.

Can you be specific in identifying what is affecting you?



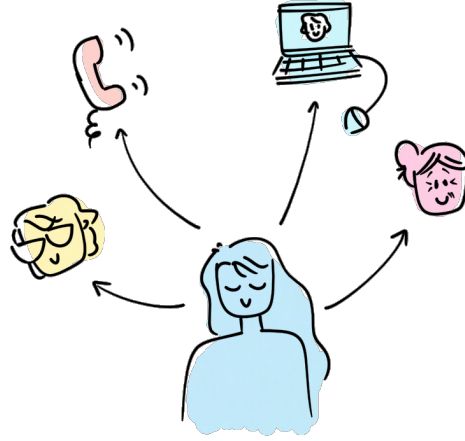
2. Label your emotions

Which among these eight basic emotions are you feeling?



3. Be mindful of what you're posting on social media.

Your posts are inputs for others to think and act. Are you doing it wisely?



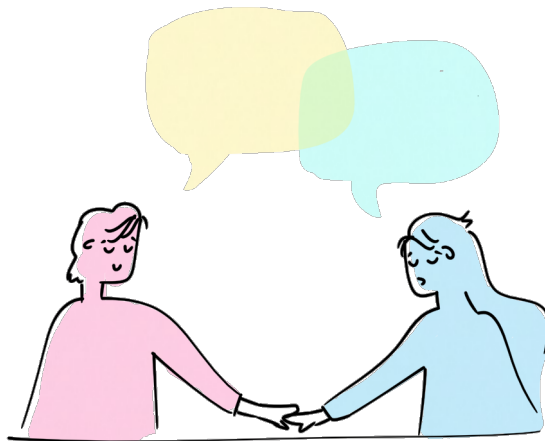
4. Reach out to people you trust

Express your feelings honestly with those you can rely on.



5. Engage in a hobby.

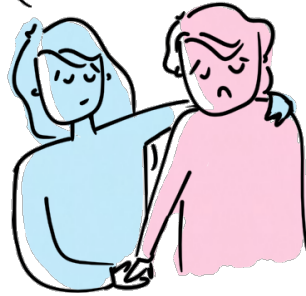
What are some things you can do for fun and enjoyment?



6. Reconnect with family and friends.

Now that you have the time, why not make use of the internet to build better bonds?

It's not wrong to feel
whatever you're feeling.



I don't know...
and it's okay.

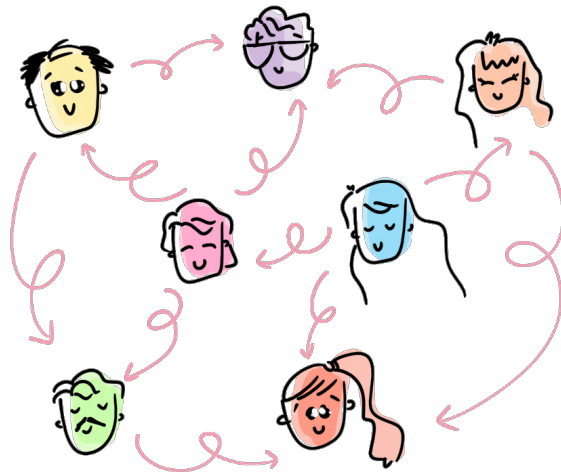


7. Don't discard others' feelings.

Just like you, others also have feelings.

8. It is okay to say 'I don't know'.

You're not the only know who doesn't know. And it's okay!



9. Emotions are contagious. Be mindful of what you're spreading.

Be intentional about the kind of impact you're having on others.