Happiness and success?

What is the definition of success? How would you define happiness? Would you agree with the notion that someone who is happy is in all accounts successful? What about intellect? Does high intellect + happiness = success??

When it comes to happiness and success in life, emotional intelligence matters just as much as intellectual ability. Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you to connect with your own feelings, turn intention into action, and make informed decisions about what matters most to you. This seems like a pretty direct match to Travis Bradberry’s definition, author of Emotional Intelligence 2.0.

EQ is defined by four characteristics:

- **Self-management** – You’re able to control impulsive feelings and behaviors, manage your emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances.
- **Self-awareness** – You recognize your own emotions and how they affect your thoughts and behavior. You know your strengths and weaknesses, and have self-confidence.
- **Social awareness** – You have empathy. You can understand the emotions, needs, and concerns of other people, pick up on emotional cues, feel comfortable socially, and recognize the power dynamics in a group or organization.
- **Relationship management** – You know how to develop and maintain good relationships, communicate clearly, inspire and influence others, work well in a team, and manage conflict.

People who are highly capable in each of these areas are people high in emotional intelligence; conversely, people who struggle to perceive and identify emotions or fail to connect them to relevant information are considered low in emotional intelligence. But you can work on each of these just the same as building your resilience and stress management skills. In fact practicing mindfulness will help you increase your emotional intelligence.

**So, this is where you need to start!** Work on each characteristic one-by-one. Increasing your self-management and self-awareness will increase you EQ so you can change self-defeating moods and attitudes, quickly manage stress and anxiety, and stay connected to what you feel as well as think.
The best way to reduce stress quickly is by taking a deep breath and using your senses—what you see, hear, smell, taste, and touch—or through a soothing movement. By viewing a favorite photo, smelling a specific scent, listening to a favorite piece of music, tasting a piece of gum, or hugging a pet, for example, you can quickly relax and focus yourself. Of course, not everyone responds to each sensory experience in the same way. The key to quick stress relief is to experiment and discover the unique sensory experiences that work best for you.

Many of us are disconnected from our emotions—especially strong emotions such as anger, sadness, fear—because we’ve been taught to try to shut off our feelings. But while you can deny or numb your feelings, you can’t eliminate them. They’re still there, whether you’re aware of them or not. And even unpleasant emotions can have beneficial aspects. Sadness can support emotional healing, for example, fear can trigger life-saving action, and anger can mobilize and inspire. Unfortunately, without being connected to all of your emotions, you can’t manage stress, fully understand your own behavior, or appropriately control how you think and act. But whatever your circumstances or challenges, the skills for improving EQ and managing your emotions can be learned at any time. Ask yourself these questions and learn from your answers...

⇒ Do you experience feelings that flow, encountering one emotion after another as your experiences change from moment to moment?
⇒ Are your emotions accompanied by physical sensations that you experience in places like your stomach, throat, or chest?
⇒ Do you experience individual feelings and emotions, such as anger, sadness, fear, and joy, each of which is evident in subtle facial expressions?
⇒ Can you experience intense feelings that are strong enough to capture both your attention and that of others?
⇒ Do you pay attention to your emotions? Do they factor into your decision making?

If any of these experiences are unfamiliar, you may have “turned down” or “turned off” your emotions. In order to build EQ—and become emotionally healthy—you must reconnect to your core emotions, accept them, and become comfortable with them. You can achieve this through the practice of mindfulness.

If you want to explore any of these topics now, please call me and we can set up a virtual discussion to practice mindfulness skill and other tools to help with anxiety and stress during these times. — Christine 315-772-2597

Classes in MAY!
(hopefully!)

Stress Triggers & Resilience Builders
3rd Tues of every month!
 Tues, 19 May 20—0900-1100
 ASAP bldg. 10250, Room F
 (contact EAPC to register—772-2597)
Join the EAPC for an interactive workshop on identifying your triggers and walk away with tools to help manage those while building resilience.

NEW! Mindful Time Out
7 May 20
 ASAP bldg. 10250, Room F
Join Christine, in a relaxed environment, for a cup of coffee or tea at the start your day and emerge revitalized inspired, equipped with new tools to continue to be productive.

Stone Art Therapy
7, 12, 20, 26 May 20—1130-1300
 ASAP bldg. 10250, Room F
Take a break from current stressors and Come do a little art therapy with the EAPC.

safeTALK
Fri, 15 May 20—0900-1200/1300-1600
Fri, 10 Jul 20—0900-1200/1300-1600
 ASAP bldg. 10250, Room H
 (contact EAPC to register—772-2597)
Empowering Suicide Prevention training that prepares anyone (15+) to connect people to resources

Chillin’ Out—Anger
Thu, 28 May 20—0900-1000
 ASAP bldg. 10250, Room F
 (contact EAPC—772-2597 or FAP—772-5914 to register)
Small group setting designed for support in understanding what stressors trigger certain reactions and how to minimize the effects of those stressors