

# Techniques to Increase Emotional Intelligence

<p><b>Self– Awareness</b></p> <ul style="list-style-type: none"> <li>• Learn more about yourself and others             <ul style="list-style-type: none"> <li>- Values, interests, daily experiences</li> </ul> </li> <li>• Match perception and reality by asking others and being mindful of ourselves</li> <li>• Be aware of present experiences by practicing mindfulness (Napoli, 2011)             <ul style="list-style-type: none"> <li>- Acknowledge negative feelings</li> <li>- Be aware of breath, thoughts, physical sensations, feelings, and instincts</li> <li>- Let go of expectations</li> <li>- Accept without judgement</li> <li>- Consciously change stress</li> </ul> </li> <li>• Acknowledge and understand gut feelings</li> </ul>	<p><b>Self– Management</b></p> <ul style="list-style-type: none"> <li>• Set specific goals and plans</li> <li>• Utilize priming to follow through on plans</li> <li>• Change your environment             <ul style="list-style-type: none"> <li>- Prepare space for goals and plans</li> </ul> </li> <li>• Personalized Mind-Body-Spirit Regulation             <ul style="list-style-type: none"> <li>- Emotion relief practices that provide a holistic balance to health</li> <li>- Mind: work through negative thoughts</li> <li>- Body: control breathing and body movement</li> <li>- Spirit: find positive energy sources</li> </ul> </li> </ul>
<p><b>Social Awareness</b></p> <ul style="list-style-type: none"> <li>• Consider what makes you react negatively to social situations, groups, or individuals             <ul style="list-style-type: none"> <li>- Be self aware of your judgements</li> <li>- Be aware of how the judgments are stopping you from having a full perspective</li> </ul> </li> <li>• Understand others may not be at your EQ level</li> <li>• Diversify your network             <ul style="list-style-type: none"> <li>- Gain a variety of perspectives</li> </ul> </li> <li>• Value others             <ul style="list-style-type: none"> <li>- Valuing others will better motivate you to continue interaction</li> <li>- Valuing others adds interest which will make you more attentive when interacting</li> </ul> </li> <li>• Listen and clarify             <ul style="list-style-type: none"> <li>- Ask questions to solidify a response</li> </ul> </li> </ul>	<p><b>Relationship Management</b></p> <ul style="list-style-type: none"> <li>• Practice             <ul style="list-style-type: none"> <li>- Partake in challenging social experiences</li> <li>- Ask questions to elicit understanding</li> <li>- Do not be afraid of learning</li> </ul> </li> <li>• “I” statements             <ul style="list-style-type: none"> <li>- Prompt conflict resolution with “I” statement language</li> </ul> </li> <li>• Enjoy Interactions             <ul style="list-style-type: none"> <li>- Changing perception to find enjoyment in social interactions will boost mood and willingness</li> </ul> </li> </ul>

**Key points:** Find positive aspects of self, others, and social interactions. Be aware of present experiences. Control emotions by creating personalized Mind-Body-Spirit regulation techniques. Practice EQ by partaking in social experiences.

