

# Practice Emotional Intelligence

Emotional intelligence is the ability to monitor our own emotions as well as the emotions of others. This requires four essentials skills.

- **Self-Awareness** – Understand, interpret and perceive one's own emotions at a given moment.
- **Self-Management** - Control your emotional reactions to both people and situations. This require you to observe your breathing, assess what is likely to occur next, and evaluate how to quell a situation quickly and safely.
- **Social Awareness** – Accurately and quickly notice and assess the emotions of other people. Are there underlying reasons for their behavior and actions? If so, respond accordingly.
- **Relationship Management** – Provide clear and concise communication skills and effectively handle conflict or potential conflict.

**If you are seeking immediate help for yourself or someone else, call or text:**

**The National Suicide Prevention Center**

**1-800-273-8255 (TALK)**

**Text CONNECT to 741741 or Call 911**