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