



Your only
LIMIT
is you.

EMOTIONAL INTELLIGENCE

"The human capacity for burden is like bamboo—far more flexible than you'd ever believe at first glance."

— Jodi Picoult

- * Definition: the ability to understand, use, + manage one's own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges, + defuse conflict
- * 5 components: self-awareness, self-regulation, motivation, empathy, + social skills

5 Elements of Emotional Intelligence

We want our students to be successful. Mindful practices will encourage these traits to bloom.



Adapted from "Emotional Intelligence" by Daniel Goleman
<http://www.danielgoleman.info/topics/emotional-intelligence>

RULER SKILLS OF EMOTIONAL INTELLIGENCE

RULER | @the_bisstimind

**R
U
L
E
R**

Recognising Emotions

Using cues to understand what we/others are feeling

Understanding Emotions

Understanding the causes and consequences of an emotion

Labelling Emotions

Giving emotions a name

Expressing Emotions

How we show/express our emotions & how show our emotions in socially appropriate ways

Regulating Emotions

What we think about or do to feel more/less of an emotion or to keep feeling the same amount of emotion



Be Your Best Self: Exploring Emotional Intelligence + Building Resilience Resource Guide

Phrases to exercise our Emotional Intelligence

People with high IE who are comfortable with themselves, also helps improve our personal relationships and communication with others, develops empathy, increases our self-confidence, makes us see things more positively and reduces our levels of anxiety.

“

Emotional intelligence represents 80 percent of success in life.

DANIEL
GOLEMAN

Any failure that we may suffer in life, we can turn it into a small success if we follow the right path.

Keep walking.

MICHELANGELO
SAEZ

Although no one can go back and make a new start...

Anyone can start over and make a new ending.

JAMIE
HUDSON

”

“

Walk like the lion, talk like doves, live like elephants and love like a small child.

SANTOSH
KALWAR

It is not the stress that makes us fall, it is how we respond to situations of stress.

WAYDE
GOODALL

Change your attention and you will change your emotions. Change your emotion and your attention will change place.

FREDERICK
DODSON

”

“

That's what happens with the lessons, you always learn from them, even when you do not want to.

CECELIA
AHERN

The problem is that if you do not live life for yourself, other people will do it for you.

PETER
SHAFFER

It is amazing how once the mind is free from emotional contamination, logic and clarity emerge.

CLYDE
DESOUZA

”

RESILIENCE

What I can control

@meandmyed.art



"I can be changed by what happens to me. But I refuse to be reduced by it."

– Maya Angelou

- * Definition: the capacity to recover quickly from difficulties; bounce back from setback
- * Connection between EI + Resilience:
 - ✓ People with higher EI are more resilient
 - ✓ Able to perceive + appraise their emotions, know how + when to express their feelings, + can effectively regulate their moods

PEOPLE WHO ARE RESILIENT

- Are okay with getting uncomfortable
- See stress as a time of growth
- Find healthy ways to deal with adversity
- Are problem solvers
- Are confident in their ability to succeed
- Keep moving forward

WHAT RESILIENCE CAN LOOK LIKE



Emotional Intelligence Resources:

[Instagram – @theblissfulmind](#)

[Instagram – @meandmyed.art](#)

[Instagram – @justgirlproject](#)

[Instagram – @mellow.doodles](#)

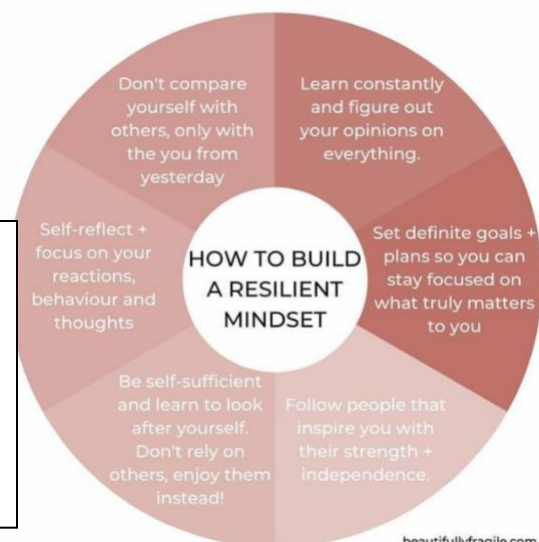
[Assessment – How Emotionally Intelligent Are You?](#)

[Video – MindTools: Developing Emotional Intelligence](#)

[Article – Character Lab: Emotional Intelligence](#)

[Chart – Feelings Wheel](#)

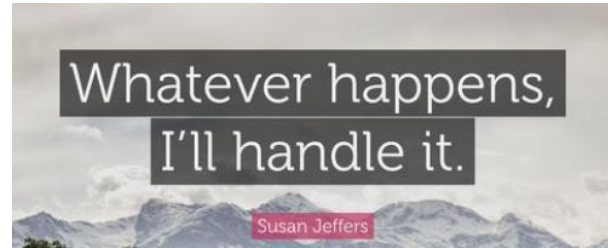
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Intelligence + Building Resilience
Resource Guide



Resilience Resources:

[Article – 5 Steps for Developing Resilience](#)

[Instagram – @brookelinbackus](#)

[Instagram – @nataliebyrne](#)

[Instagram – @kwohtations](#)

[Instagram – @laurajacques.co](#)

[Video – Brains: Journey to Resilience](#)

[Book – Rising Strong by Brené Brown](#)

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NEVERTHELESS,
she persisted.