

# Conversations

MAKING MEANING OUT OF TRAUMA

REAL PEOPLE. REAL STORIES. *with* DIANA KENDROS

## In This Column | Emotional Intelligence



### Does Emotional Intelligence Buffer the Effects of Mild or Acute Stress?

In this month's *Mental Health & You* Column, we looked at how Emotional Intelligence can help us in times of mild to extreme stress.

Right now, we are being assailed by an unprecedented flood of external stressors: a global pandemic, out of control fires, political unrest, high unemployment, etc.

**We are sharing in this Column an article that can help us understand the value of knowing where we are on the *EI Spectrum*, along with a detailed Emotional Intelligence Test - that we both took. It was very thorough.**

**We encourage you to try it!**

*We appreciate your support!*

*Stay Safe and Healthy, Diana and Jan*

### What is Emotional Intelligence (EI)?

According to an article in *Psychology Today*, Emotional Intelligence refers to the ability to identify and manage one's own emotions, as well as the emotions of others.

### **Emotional intelligence is generally said to include at least three skills:**

emotional awareness, or the ability to identify and name one's own emotions; the ability to harness those emotions and apply them to tasks like thinking and problem solving; and the ability to manage emotions, which includes both regulating one's own emotions when necessary and helping others to do the same.

# Five Keys to Enhancing Your Emotional Intelligence

Below are five keys to quickly improve one's emotional intelli

1.The ability to deal with one's own negative emotions

2.The ability to stay cool under pressure

3.The ability to stay proactive, not reactive in the face of a difficult person

**CLICK ON THE 5 KEYS to read the full descriptions:**



4.The ability to be assertive and express difficult emotions when necessary



5.The ability to express intimate emotions in close, personal relationships

[Emotional Intelligence Test](#)

**Psychology Today**

*Please stay safe and healthy*

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