



Emotional Intelligence

♥ Strength of heart

What is emotional intelligence?



Understanding your feelings
and using them wisely

“We have to make it cool
to feel again.”

— Lady Gaga

Why does emotional intelligence matter?

- Emotions are a large part of who you are.
- They affect your ability to focus and make good decisions.
- How you feel also impacts your physical health and your ability to build and maintain relationships.
- We all need skills to recognize and understand our emotions, label and express them, and regulate them to achieve optimum well-being.



Pulse Check

How many of these things are true for you?

- I notice how I am feeling and think about why I feel that way.
- I look at others' facial expressions and body language to know how they are feeling.
- I generally understand what causes my feelings.
- I have a wide and specific vocabulary for talking about my feelings.
- I am comfortable expressing my feelings, both pleasant and unpleasant ones.
- I have a lot of different strategies for handling my feelings.

