



# Wellbeing Podcast

S1E5: EMOTIONS, EQ & WELLBEING

## EMOTIONAL INTELLIGENCE SKILLS:

### Emotional Self-Awareness

Skill:

### Emotional Self-Management

Skill:

### Social Awareness

Skill:

### Social/Relationship Management

Skill:

## TRY THIS AT HOME:

Get curious about the emotions you are feeling on a daily basis. Name 3-5 emotions that you experience regularly? Where do they come from and how do they impact your wellbeing?



## SUMMARY

Emotions are good and useful and provide key information for us to pay attention to. A key to today's topic is recognizing you have agency to understand, navigate and manage your emotions. Emotional Intelligence (EQ) is what helps you navigate the emotional terrain within you. EQ is comprised of:

1. Emotional Self-Awareness
2. Emotional Self-Management (self-soothing behaviors can come in here)
3. Social Awareness
4. Social/Relationship Management

Humans are able to develop these four components - these are skills that can be learned, practiced and become habits in life.

## HOW DOES EQ INFLUENCE INTERPERSONAL WELLBEING?

EQ helps us become sensitized to the experiences of others. As we encounter others, we can relate better with them if we have worked on cultivating our Emotional Intelligence. Therefore, EQ helps us invest in both the Emotional and Relational aspects of our wellbeing.