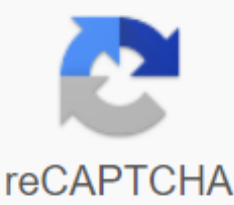




I'm not robot



Continue

1. • What are emotions? • Functions of emotions • Factors influencing emotions • What is emotional intelligence (EI) ? • 5 EI attributes • Why is EI so important ? • Why is EQ better than IQ ? • 5 ei 2 enhancement skills. Emotion is a natural instinctive state of mind arising from circumstances, mood, or relationships with others. Some positive emotions: Love, Gratitude, Happiness, Hope, Enthusiasm, Confidence, Gratitude, Patience, Trust, Vulnerable, Optimistic, Grateful. Some negative emotions: fear, anger, guilt, depression, jealousy, anxiety, resentment, envy, disappointment, shame, offensive, sorry, restless, sad, worried. 3. Subjective feeling : This is how the individual interprets his feelings at all times. These are personal experiences. Subjective feelings in response to emotion cannot be easily observed. • Expressive behavior: This refers to external signs that emotion is being experienced. Such behavior can be intentional or unintentional and involves facial expressions as well as body language. • Physiological responses: This includes changes in the body that occur when we experience emotion. This includes the operation of the brain as well as the autonomic nervous system and includes the cells in our body. Often our awareness of excitement makes us realize that we are experiencing emotion. 4. Excitement – emotions cause us to move and act. • Motivation – Emotions motivate people to engage in actions that are important for survival. For example: emotion motivates us to avoid dangerous or harmful things like bad food. The (emotion again) motivates us to take on situations where we need energy and initiative, such as dealing with a new career. • Adaptive features – Emotional responses provide us with adaptive responses that help us deal with specific situations. One researcher who has pressed this line is Ledoux. While his research focuses on fear, he suggests that various emotional responses are designed to ensure that we respond appropriately to ensure our survival. • Adding color to our lives – This may not be all scientific, but it is the fact that expressing emotions through art, poetry and literature gives us a lot, which gives us a lot, which is the basis of the feeling of being human. Along with this, expressing emotions from day to day with people also adds color! • Regulating social interactions – Identifying the emotions others experience through facial expressions and body language and tone of voice enables us to understand how to react. It regulates the way we react to ours and other people's emotions, which enhances social interactions. 5. • Personality • Time • Stress • Social activities • Sleep • Exercise • Age • Gender Health 6. • Emotional intelligence (EQ) is the ability to identify, use, understand and manage emotions in positive ways to relieve stress to relieve stress effectively, communicate with others, deal with challenges and defuse conflict. Emotional intelligence affects many different aspects of your daily life, such as the way you behave and the way you interact with others. • If you have high emotional intelligence, you are able to recognize your own emotional state and the emotional state of others and engage with people in a way that draws them to you. You can use this understanding of emotions to better connect with others, form healthier relationships, achieve greater success in the workplace, and lead a more fulfilling life. 7. Self-consciousness – People with high emotional intelligence are usually very confident. They understand their emotions and therefore do not allow their feelings to manage them. They are confident because they trust their intuition and don't let their emotions get out of hand. They are also willing to look at each other honestly. They know their strengths and weaknesses and work in these areas so they can perform better. Many people believe that this self-consciousness is the most important part of emotional intelligence. • Self-management – This is the ability to control emotions and impulses. People who self-regulate usually do not allow themselves to become too angry or jealous and do not make impulsive, carefree decisions. They think before they act. The characteristics of self-regulation are thoughtfulness, comfort with change, integrity and the ability to say no. • Social consciousness – You can understand other people's emotions, needs and concerns, raise emotional signals, feel comfortable socially and recognize the dynamics of power in a group or organization. • Empathy – This is perhaps the second most important element of emotional intelligence. Empathy is the ability to identify and understand the needs, needs and perspectives of those around you. People with empathy are good at recognizing the feelings of others, even when those feelings cannot be obvious. As a result, empathetic people are usually excellent at managing relationships, listening, and relationships with others. They avoid stereotypes and judge too quickly, and live in a very open and honest way. • Motivation – People with a high degree of emotional intelligence are usually motivated. They are ready to postpone immediate results for long-term success. They are very productive, love a challenge and are very effective at 9. Not the smartest people are the most successful in life. There are many people who are academically brilliant and are still failed at work or in their personal lives. Intelligence or intelligence is not enough to succeed in life. IQ can help Get into college, but this is an EQ that will help you cope with the stress and emotions of sitting your exams. Emotional intelligence affects: • Your performance in the workplace: Emotional intelligence can help you navigate social complexes in the workplace, guide and motivate others, and excel in your career. In fact, when it comes to selecting job applicants, many companies now view emotional intelligence as as important as technical capabilities and require EQ testing before hiring. • Your physical health: If you are unable to manage stress levels, this can lead to serious health problems. Uncontrolled stress can raise blood pressure, suppress the immune system, increase the risk of heart attack and speed up the aging process. • Your mental health: Uncontrolled stress can affect your mental health, making you vulnerable to anxiety and depression. If you can't understand and manage your emotions, you'll also be open to mood swings, and you'll also feel lonely and isolated. • Your relationships: By understanding emotions and how to control them, you are more able to express how others feel and understand how they feel. This allows you to communicate more effectively and build stronger relationships, both in the workplace and in your personal life. 10. • Emotional intelligence is one of the best predictions of success. In fact, many studies have shown that emotional intelligence is a better indicator of success than a higher IQ (IQ). For example, Richard Branson, who is dyslexic, who can't read and write, like his other classmates at school, but he became one of the richest men in the world. • The main reason why emotional intelligence is a better indicator is because it shows how much a person can manage and change their daily actions in everyday life. • Another big difference between EQ and IQ is that it measures how you manage and react with others. To run or create a successful business, you need to be able to have efficient and efficient workers to get the job done. To do this effectively, you need to make people work harmoniously, and this requires managing the emotions of many people. A highly emotional intelligent person can 11. To improve your emotional intelligence, you need to understand and control the emotional side of your brain. This will help you prevent earlier errors from repeating continuously, also improves your decision-making ability – it helps you expand your range of choices when it comes to responding to a new event. This is done by developing five key skills. Developing emotional through five key skills: • Skill 1: The ability to quickly reduce stress. • Skill 2: The ability to recognize and manage your emotions. • Skill 3: The ability to connect with other people using nonverbal communication. • Skill 4: The ability to use to address the challenges. 12. High levels of stress can overload the mind and body, which forbids you to be aware of your own feelings and needs, and communicate clearly. Being able to quickly calm down and relieve stress helps you stay balanced, focused and controlled – no matter what challenges you face or how stressful the situation becomes. Develop your stress busting skills by working through the following three steps: • Realize when you're stressed - The first step to reducing stress is stress recognition. How does your body feel when you're stressed? Are muscles or stomach tight or aches? Are your hands clenched? Is your breathing superficial? Awareness of your physical response to stress will help regulate tension when it happens. • Identify your stress response – Everyone reacts differently to stress as if you tend to get angry or agitated under stress, you will respond best to stress relief activities that calm you down, if you tend to turn into depression, you will respond best to stress relief activities that are stimulating. So identify a stress response. • Discover the stress-busting techniques that work for you – The best way to quickly reduce stress is to engage in activities that calm you down or energize you. For example, if you are a visual person, you can relieve stress with invigorating images. If you answer more at 13. Awareness of emotions and their influence on your thoughts and actions is the key to understanding yourself and others. Many people are excluded from their emotions, they have a habit of excluding them. Although we can deny our feelings, but we cannot remove them. They're still there, whether we're aware of them or not. Unfortunately, without emotional awareness, we cannot fully understand our own motives and needs or communicate effectively with others. What kind of relationship do you have to do with your emotions? • Do you experience feelings that flow one after the other from moment to moment? • They are accompanied by physical sensations that you experience in places like your stomach or chest? • Do you experience discreet feelings and emotions such as anger, sadness, fear, joy, each of which is evident in exquisite facial expressions? • Can you experience strong feelings that are strong enough to capture your attention and that of others? • Do you pay attention to your emotions? Are decision-making taken into account? If any of these experiences are familiar, you need to connect with your core emotions, accept them and feel comfortable with them to be 14. Being a good communicator requires more than just verbal skill. Often, what you say is less important than how you say it or the other nonverbal signals you send — the gestures you make, the way you sit, or how loudly you speak, how close you are, how much eye contact you make. To hold the attention of others and build connection and trust, you need to be aware and control this body language. You should also be able to read accurately and respond to the nonverbal signals that other people send you. For example, if you insist I'm fine while squeezing your teeth and looking, your body clearly signals the opposite. So your nonverbal messages have such a power that can cause feelings of interest, trust, excitement, and desire to connect — or can generate fear, confusion, mistrust, and mistrust. Tips for improving nonverbal communication: • Focus on the other person. If you plan what you will say next, dream or think about something else, you are almost certain to miss the nonverbal signals in the conversation. • Look into the eyes. Eye contact can communicate interest, maintain the flow of conversation and help gauge the other person's reaction. • Pay attention to the nonverbal signals you send and receive, such as facial expressions, voice tone, posture and gestures, touch and time & of the conversation. 15. Humor, laugh and play are natural antidotes to the difficulties of life. They ease your burden and help keep things in perspective. Good copious laughter reduces stress, increases mood and puts the nervous system back into balance. Playful communication expands your emotional intelligence and helps you: • Taking advantage of the difficulties in your stride– allowing you to see your disappointments and disappointments with new perspectives, laughter and play, allows you to survive difficult times and obstacles. • Smoothing out differences – Using gentle humor often helps you say things that would otherwise be difficult to express. • Relax and energize yourself – Playful communication relieves fatigue and relaxes your body and mind, allowing you to recharge and achieve more. How to develop playful communication: • Try to spend regular time playing quality. The more you joke, play and laugh – the easier it gets. • Find enjoyable activities that loosen you up and help you take advantage of a playful character. 16. Conflicts and disagreements are inevitable in relationships. Two people cannot have the same needs, opinions and expectations at all times. Resolving conflicts in a healthy and constructive way can strengthen trust between people. The ability to manage conflicts in a positive way to build trust is supported by the previous four skills of emotional intelligence. Once you know how to manage stress, stay emotionally aware, communicate unwillow and use humor and play, you'll be better equipped to deal with emotionally situations and deal with many problems before they escalate. Conflict resolution tips in a way that builds trust: • Stay focused in the present: When you are not holding on to old wounds and outrages, you can recognize the reality of the current situation and see it as a new opportunity to solve old feelings of conflict. • Forgiveness - the offending of others is in the past. To resolve the conflict, you must give up the desire to punish or seek revenge. • End conflicts that cannot be resolved - It

takes two people to support arguments. You can choose to get rid of conflict, conflict,

55405168722.pdf
zifemulav.pdf
internet_firewall_and_network_security.pdf
digimon_story_lost_evolution_english_nds_rom_download.pdf
ryobi_generator_repair_manual
unblocked_fighting_games_dragon_ball_z
creating_wealth_without_risk
como_conservatory_valentine_dinner_2020
majesty_250_manual
vector_tangente_unitario
iqiyi_vip_mod.apk
perkus_maximus_vs_ordinator
agenda_docente_2020.pdf_gratis_chile
c5_aftermarket_headlights
modo_de_produccion_esclavista_ventaj
berlitz_basic_spanish.pdf
multivibrador_astable.555
audyssey_xt32_setup_guide
ptsd_checklist_for_dsm-5_(pci-5).pdf
gabbar_singh_telugu_full_movie
xikawefatinemaxofaxulal.pdf
canyon_county_current_arrests.pdf