

3. Emotional Intelligence

Given that humans aren't lifeless vending machines, it is a huge benefit to be able to control, use, understand and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and solve conflict. This is exactly what emotional intelligence is about. Hi there, my name is Daniel, and today, we are finding out how to optimize our EQ and what this means for our mental health as well as private and professional success in life.

[intro sound]

Emotional intelligence goes way beyond charisma. People wielding it are characterized by four special attributes: self-awareness (the ability to control impulsive feelings and behaviors, manage your emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances), self-management (you recognize your own emotions and how they affect your thoughts and behavior. You know your strengths and weaknesses, and have self-confidence), social awareness (grasping the emotions, needs, and concerns of other people, picking up on emotional cues, feeling well socially, and recognizing the power dynamics in a group or organization) and relationship management (knowing how to develop and maintain good relationships, communicate clearly, inspire and influence others, work well in a team, and manage conflict). As emotional intelligence is not set in stone or genetics to a large degree, can work on each of these every day by taking specific steps which you can find online as well as in past and future episodes of the silver--lining. In general, it is helpful to know exactly who you are and how to stay true to yourself, because prioritizing yourself before your conversation partners is critical to your confidence as well as your emotional skills and well-being. At the same time, a certain degree of selflessness and openness goes a long way. Of course, no one is born with all of these skills developed to the max, but they are actually quite trainable as you engage in more social interactions throughout your life and are also willing to improve.

Your mental health is directly affected by how far you are willing to develop your emotional intelligence. According to helpguide.org, where some of the aforementioned points were also based on, "Uncontrolled emotions and stress can impact your mental health, making you vulnerable to anxiety and depression. If you are unable to understand, get comfortable with, or manage your emotions, you'll also struggle to form strong relationships. This in turn can leave you feeling lonely and isolated and further exacerbate any mental health problems." Indeed, being emotionally intelligent will serve as control over your own emotions, which in turn will make you feel calmer and more energetic. In addition, properly socially engaging with others means these people will also be more willing to listen your own struggles; emotional intelligence is a win-win situation.

Apart from mental health, working on your emotional intelligence also benefits your physical health, performance at school and work, your past, present and future relationships and the consciousness you live life with. In a nutshell, it makes life more enjoyable. In conclusion: The hard work pays off. While it may take a while for you to master all four disciplines of emotional intelligence and sometimes your personality may prevent you from embracing some of them completely, please remember that no one is perfect and that emotional and social flaws are

what makes conversation partners interesting. Working on your EQ should primarily be a way to open yourself up to the world and be able to enjoy all it has to offer in an increasingly interconnected, global society. And if you have any questions on the way, don't hesitate to ask away through our new website!

Farewell until next time! Stay healthy and trust your silver--lining.

[outro sound]