

The role of personal emotions

+ DEVELOPING EMOTIONAL INTELLIGENCE



- Reviewed academic sources on emotional intelligence and mindfulness
- Used psychology literature and student wellbeing research
- Included personal reflection on managing anxiety as a student

PERSONAL REFLECTION

As a student who has experienced anxiety, emotional control is important for academic success.

Strategies I use include:

- Recognising anxiety triggers before exams or deadlines
- Mindfulness and breathing techniques to stay calm
- Time management to reduce academic pressure
- Positive self-talk to stay motivated and focused

These strategies help maintain emotional balance and improve concentration during studies.

METHOD:

INTRODUCTION:

Emotional intelligence is the ability to recognise, understand and manage our own emotions while also understanding the emotions of others. According to Daniel Goleman, EI includes self-awareness, emotional regulation, empathy and social skills. Understanding our own emotions is essential because it helps us respond appropriately to others and manage stress effectively.



DEVELOPING EMOTIONAL INTELLIGENCE:



- Self-awareness: recognising personal emotions and triggers
- Emotional regulation: managing reactions through breathing, reflection and pause
- Empathy: understanding other people's feelings and perspectives
- Mindfulness: focusing on the present moment to reduce stress (research by Jon Kabat-Zinn)
- Communication skills: active listening and respectful interaction

Developing these skills improves relationships, decision-making and stress management.

REFERENCES:

Daniel Goleman (1995). Emotional Intelligence.

Jon Kabat-Zinn (2003). Mindfulness-based interventions.

Peter Salovey & John D. Mayer (1990). Emotional Intelligence.