

How My Emotions Influence EI and Mindfulness



LoEmotions strongly influence how I apply emotional intelligence. During stressful moments such as exams or clinical simulations, I sometimes experience anxiety. Practising mindfulness has helped me recognise and regulate these emotions effectively. According to Mayer and Salovey (1997), emotional awareness is key to self-control, while mindful breathing and reflection enable calm and empathy. Boyatzis and McKee (2013) note that this emotional awareness builds trust and collaboration, strengthening my resilience and focus as a healthcare student.

FACTORS FOR SUCCESS IN HEALTHCARE STUDIES



Key Factor	Build supportive peer and mentor relationships.
Self-Awareness	Build supportive peer and mentor relationships.
Mindfulness	Build supportive peer and mentor relationships.
Time Management	Build supportive peer and mentor relationships.
Empathy & Communication	Build supportive peer and mentor relationships.
Resilience	View setbacks as opportunities to grow emotional strength.

Developing Emotional Intelligence and Mindfulness in Healthcare Studies

Student Name: TAIM CONSTANTINO CA
Student ID.2133329

Introduction

- Emotional Intelligence (EI) is an essential skill for healthcare professionals. It enables effective communication, teamwork, and compassionate patient care. Daniel Goleman (1995) defines EI as the ability to recognise, understand, and manage one's emotions while influencing the emotions of others. In healthcare education, emotional awareness enhances empathy, decision-making, and professional resilience.
- As a student, developing EI helps me remain calm under pressure, adapt to group dynamics, and deliver person-centred care. Mayer, Caruso and Salovey (2016) argue that emotional understanding allows individuals to thrive in complex, emotionally demanding settings—making EI indispensable in healthcare studies.

Method

This poster was created using both academic research and personal reflection.

- I reviewed emotional-intelligence models (Goleman, 1998; Mayer & Salovey, 1997).
- I maintained a reflective journal to identify my emotional triggers and learning patterns.
- I connected literature findings with experiences from group work and simulated patient scenarios.

This combined approach links theoretical knowledge with practical emotional development, ensuring the analysis reflects both evidence and lived experience.

Reflection and Conclusion

Reflecting on Goleman's insight, emotional awareness is the cornerstone of professional success. Developing EI has transformed how I approach my studies, enabling me to respond thoughtfully rather than react impulsively. Mindfulness and reflection now guide how I manage conflict, communicate, and remain motivated. Emotional intelligence is not fixed—it grows through experience and self-discipline. As I prepare for my healthcare career, I will continue to cultivate empathy, mindfulness, and emotional resilience to support both my learning and future patient care.



How Can Someone Develop Emotional Intelligence?

Developing EI involves five inter-connected competencies (Goleman, 1998):

- Self-Awareness** – Understanding emotional triggers and how they affect others. Reflection and honest feedback improve this awareness.
- Self-Regulation** – Controlling impulses and staying composed. Mindfulness and breathing techniques strengthen this ability (Boyatzis & McKee, 2013).
- Motivation** – Setting meaningful goals and maintaining perseverance under stress.
- Empathy** – Recognising others' emotions and responding with compassion. In nursing, empathy improves patient satisfaction (Freshwater & Stickley, 2004).
- Social Skills** – Communicating effectively and collaborating with colleagues.

EI can be enhanced through reflective learning, feedback discussions, mindfulness sessions, and teamwork activities that promote empathy and communication. Codier and Odell (2014) found that nurses who undertook EI training demonstrated improved stress management and performance.

