

DEVELOPING EMOTIONAL INTELLIGENCE SKILLS

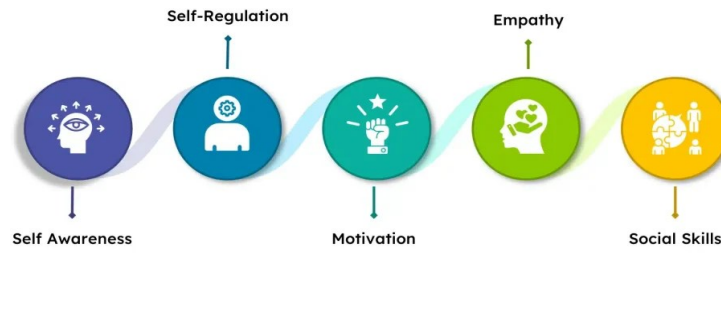
INDIVIDUAL POSTER PRESENTATION

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Introduction.

Emotional intelligence is the ability to recognize ,understand ,manage and influence own emotions and the emotions of others .according to Coleman,D.(1995).

Components Of Emotional Intelligence



METHODOLOGY.

Ways you can use to control own emotions and develop mindfulness as student..

Mindfulness enhances emotional regulation by fostering non-judgmental awareness of present-moment feelings, allowing individuals to observe emotions without reacting impulsively. Techniques like meditation, breathing exercises, and the 5 R's (Recognize, Relax, Review, Respond, Return) reduce negative emotions and improve emotional resilience As a student.

Results

Emotional intelligence actions and ch

- Building self -awareness
- Use motivation strategically
- Regulating emotions
- Manage stress physiologically
- Strengthening resilience.
- Internalpsychosocial traits and external support.

CONCLUSION

Research shows that regular mindfulness practice (e.g., at least three times a week) significantly decreases emotion dysregulation. It helps individuals move from being controlled by their emotions to managing them, ultimately lowering anxiety, anger, and distress

Reference list

- ❑ Goleman, D. (1995). *Emotional Intelligence: Why It Matter More Than IQ*. New York: Bantam Books
- ❑ Mayer, J. D., Salovey, P., & Caruso, D. R. (2004). *Emotional intelligence: Theory, findings, and implications*.