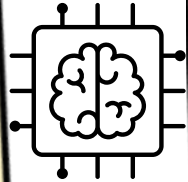


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INTRODUCTION

Emotional Intelligence refers to the capability to identify, comprehend, manage and affect emotions in both yourself and others. It is an essential skill for fostering solid relationships making considerate choices and succeeding in today's intricate environment. The journey of developing Emotional Intelligence starts with self awareness which involves recognizing your emotions and grasping their effects. From that point you can enhance self regulation, empathy, and effective communication through practices such as reflection, active listening and mindfulness. By engaging in these practices anyone can boost their emotional intelligence becoming more resilient, compassionate and socially perceptive.



DEVELOP EMOTIONAL INTELLIGENCE

Developing (EI) is a lifelong process, but anyone can improve it with self awareness, reflection and practice. Understand your emotions and how they influence your thoughts and behavior. Build self awareness by pausing before reacting. Improve social skills by expressing your thoughts and emotions respectfully and assertively.



REFLECTING ON MY OWN EXPERIENCE

During my studies I have noticed that stress and frustration often appears when deadlines pile up or when I don't perform as well as I hoped. At first I always reacted impulsively, feeling anxious or discouraged, which made it harder to concentrate. Over time I realized that emotional control and mindfulness are skills I can develop through self awareness and consistent practice.

DEVELOPING EMOTIONAL INTELLIGENCE SKILLS



CONTROL MY EMOTIONS

To control my emotions I started by recognizing my emotional triggers which are when I feel overwhelmed by my assignments. I pause and identify what's causing that feeling, often it's not the workload itself but my fear of not doing well. Maintaining balance by including self care like regular exercise, good sleep, and time for hobbies. These keep my mood stable and my mind clearer. Lastly, practicing self compassion, reminding myself it's OK to make mistakes and that learning is a process.

FACTORS IN EMOTIONAL INTELLIGENCE

Self regulation
Time Management
Motivation
supportive learning environment



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