

how to increase emotional intelligence

How to Increase Emotional Intelligence: A Guide to Enhancing Your EQ

how to increase emotional intelligence is a question many people ask as they seek to improve their relationships, communication skills, and personal well-being. Emotional intelligence, often abbreviated as EQ, refers to the ability to recognize, understand, and manage our own emotions while also being attuned to the emotions of others. Developing this skill can lead to better decision-making, stronger interpersonal connections, and even greater success in both personal and professional settings. But unlike IQ, which tends to be relatively fixed, emotional intelligence can be cultivated and enhanced with conscious effort and practice.

Understanding the basics of emotional intelligence is the first step on this journey. It encompasses several key components, including self-awareness, self-regulation, empathy, social skills, and motivation. By actively working on these areas, anyone can boost their EQ and experience positive changes in how they interact with the world.

What Is Emotional Intelligence and Why It Matters

Emotional intelligence is more than just being in touch with your feelings; it's about harnessing those feelings constructively. Psychologist Daniel Goleman popularized the concept, emphasizing that EQ plays a crucial role in how people manage behavior, navigate social complexities, and make personal decisions that achieve positive results.

People with high emotional intelligence tend to handle stress better, resolve conflicts more effectively, and communicate with empathy and clarity. This skill set is invaluable in leadership, teamwork, parenting, and everyday life. In fact, many employers now prioritize EQ alongside technical skills because emotionally intelligent employees contribute to healthier workplace environments and improved collaboration.

How to Increase Emotional Intelligence: Practical Strategies

Increasing your emotional intelligence isn't about a quick fix; it requires mindful practice and a willingness to grow. Here are some practical ways to develop your EQ.

1. Cultivate Self-Awareness

Self-awareness is the cornerstone of emotional intelligence. It involves recognizing your emotions as they arise and understanding how they influence your thoughts and behaviors. To boost self-awareness:

- Practice mindfulness meditation to observe your feelings without judgment.

- Keep a journal to track emotional responses and identify patterns.
- Pause throughout the day to check in with yourself—ask, “What am I feeling right now?”

By becoming more aware of your emotional states, you can start to manage reactions more effectively, avoiding impulsive decisions driven by unchecked feelings.

2. Learn to Manage Your Emotions

Once you can identify your emotions, the next step is regulation. Emotional regulation means controlling your impulses and responding thoughtfully rather than reacting instinctively. Techniques that help include:

- Deep breathing exercises to calm intense emotions.
- Counting to ten before responding in heated situations.
- Reframing negative thoughts into more positive or neutral perspectives.

Developing this skill is essential for maintaining composure during challenges and for communicating in a way that fosters understanding rather than conflict.

3. Enhance Empathy Towards Others

Empathy is the ability to understand and share the feelings of another person. Increasing empathy improves relationships and social interactions because it allows you to connect on a deeper emotional level. Ways to nurture empathy include:

- Active listening: Focus fully on the speaker without interrupting or planning your response.
- Asking open-ended questions to better understand others’ experiences.
- Imagining yourself in someone else’s situation to appreciate their perspective.

Empathy also involves being sensitive to nonverbal cues like body language and tone, which can convey emotions words do not.

4. Develop Stronger Social Skills

Having emotional intelligence means being adept at managing relationships and building networks. Improving social skills involves:

- Practicing clear and assertive communication.
- Resolving conflicts with a focus on collaboration rather than competition.
- Offering genuine praise and constructive feedback.

Engaging in group activities, volunteering, or joining clubs can provide opportunities to practice and refine these skills in real-life contexts.

5. Foster Intrinsic Motivation

People with high emotional intelligence are often driven by internal goals rather than external rewards. To increase your motivation:

- Set personal goals that align with your values.
- Celebrate small achievements to maintain momentum.
- Reflect on your purpose and what truly inspires you.

Intrinsic motivation fuels resilience, helping you to persist through setbacks and maintain a positive attitude.

Additional Tips to Support Emotional Intelligence Growth

Improving EQ is a continuous process, and incorporating some additional habits can accelerate progress.

- **Practice Gratitude:** Regularly acknowledging what you're thankful for can shift your mindset toward positivity and reduce stress.
- **Seek Feedback:** Invite trusted friends or colleagues to share honest feedback about your emotional responses and interactions.
- **Educate Yourself:** Read books, attend workshops, or watch videos focused on emotional intelligence and related topics like communication and psychology.
- **Manage Stress:** Chronic stress can impair emotional regulation, so prioritize self-care practices like exercise, adequate sleep, and relaxation techniques.
- **Be Patient:** Growth takes time. Celebrate progress rather than perfection, and be kind to yourself throughout the learning process.

How Emotional Intelligence Influences Everyday Life

Increasing emotional intelligence doesn't just benefit your internal world; it has tangible effects on everyday interactions. For example, in the workplace, higher EQ can improve teamwork by fostering trust and reducing misunderstandings. In personal relationships, it allows for healthier communication and deeper bonds.

When you understand your emotions better, you can navigate difficult conversations with empathy and clarity. Likewise, recognizing others' emotions helps you respond in ways that validate their

feelings and promote connection. This emotional attunement reduces conflicts and builds a foundation of mutual respect.

Using Emotional Intelligence to Navigate Conflict

Conflicts are inevitable, but emotional intelligence equips you with tools to handle them constructively. Instead of escalating tensions, you can:

- Identify your own emotional triggers.
- Listen actively to the other person's concerns.
- Express your feelings using "I" statements to avoid blame.
- Collaborate to find solutions that satisfy both parties.

Approaching conflict with emotional intelligence transforms challenges into opportunities for growth and understanding.

The Role of Emotional Intelligence in Leadership

Leaders with high EQ are often more effective because they inspire trust, motivate teams, and adapt to change with resilience. They can read the emotional landscape of their group and respond appropriately to maintain morale and productivity.

If you're aspiring to lead, focusing on emotional intelligence is as critical as developing technical expertise. It helps you foster a positive culture, manage stress, and communicate vision in a way that resonates emotionally with others.

Increasing emotional intelligence is a rewarding endeavor that enriches every aspect of life. By becoming more self-aware, managing your emotions, empathizing with others, enhancing social skills, and nurturing intrinsic motivation, you pave the way for deeper connections and greater personal fulfillment. It's a journey that unfolds with practice and patience, offering invaluable benefits along the way.

Frequently Asked Questions

What are some effective techniques to increase emotional intelligence?

Effective techniques to increase emotional intelligence include practicing self-awareness by regularly reflecting on your emotions, developing empathy by actively listening and trying to understand others' perspectives, improving emotional regulation through mindfulness and stress management, and enhancing social skills by engaging in meaningful conversations and building strong relationships.

How can mindfulness help in increasing emotional intelligence?

Mindfulness helps increase emotional intelligence by allowing individuals to become more aware of their emotions in the present moment without judgment. This heightened awareness aids in better recognizing emotional triggers, managing reactions, and responding thoughtfully rather than impulsively, thereby enhancing emotional regulation and interpersonal interactions.

What role does empathy play in improving emotional intelligence?

Empathy is a core component of emotional intelligence as it enables individuals to understand and share the feelings of others. Developing empathy fosters stronger connections, improves communication, and helps in resolving conflicts effectively, all of which contribute to higher emotional intelligence.

Can reading fiction or engaging with stories improve emotional intelligence?

Yes, reading fiction or engaging with stories can improve emotional intelligence by exposing individuals to diverse characters and emotional experiences. This practice enhances empathy and perspective-taking abilities by helping readers understand complex emotions and social situations in a safe and reflective environment.

How important is feedback in developing emotional intelligence?

Feedback is crucial in developing emotional intelligence because it provides external perspectives on how one's emotions and behaviors affect others. Constructive feedback helps identify blind spots, improve self-awareness, and refine interpersonal skills, all essential aspects of emotional intelligence.

Are there any apps or tools that can help increase emotional intelligence?

Yes, several apps and tools can help increase emotional intelligence, such as mood tracking apps, mindfulness and meditation apps (e.g., Headspace, Calm), and emotional intelligence training platforms. These tools assist users in recognizing emotions, practicing mindfulness, managing stress, and developing social skills systematically.

Additional Resources

How to Increase Emotional Intelligence: Strategies for Personal and Professional Growth

how to increase emotional intelligence remains a critical question for individuals seeking to navigate the complexities of interpersonal relationships and workplace dynamics more effectively. Emotional intelligence (EI), often defined as the ability to recognize, understand, manage, and

influence one's own emotions and those of others, has been linked to numerous positive outcomes including leadership effectiveness, mental well-being, and enhanced communication skills. This article explores evidence-based approaches to cultivating higher emotional intelligence, offering an analytical perspective on practical methods and their implications in various contexts.

Understanding Emotional Intelligence and Its Components

Before delving into how to increase emotional intelligence, it is essential to unpack what the concept entails. Pioneered by psychologists Peter Salovey and John Mayer and popularized by Daniel Goleman, EI is broadly divided into four core components:

Self-Awareness

The ability to accurately perceive and understand one's own emotions as they occur. This foundational skill allows individuals to recognize emotional triggers and patterns.

Self-Management

This involves regulating emotions, maintaining control in stressful situations, and adapting to changing circumstances without overreacting.

Social Awareness

Also known as empathy, social awareness encompasses the capacity to sense, understand, and react appropriately to others' emotions and social cues.

Relationship Management

The skill to influence, inspire, and develop others while managing conflict and fostering strong interpersonal bonds.

Each of these competencies can be developed, which opens the door to targeted strategies for increasing emotional intelligence.

Strategies for Increasing Emotional Intelligence

Developing Self-Awareness Through Mindfulness Practices

One of the most effective ways to enhance self-awareness is mindfulness meditation. Research

published in journals such as **Frontiers in Human Neuroscience** highlights how mindfulness training improves emotional regulation and reduces reactivity by fostering a non-judgmental awareness of emotions as they arise. Regular mindfulness practice can help individuals observe their feelings objectively, leading to greater clarity and better decision-making.

Enhancing Emotional Regulation via Cognitive Reappraisal

Cognitive reappraisal refers to reframing a situation to alter its emotional impact. For example, viewing a challenging work assignment as an opportunity for growth rather than a threat can reduce stress and improve performance. Psychological studies demonstrate that individuals who frequently use reappraisal tend to have higher emotional intelligence and better mental health outcomes. Learning to pause and reinterpret emotional stimuli can be a powerful tool in self-management.

Building Empathy Through Active Listening

Active listening is more than just hearing words; it involves fully concentrating, understanding, responding, and remembering what is being said. This practice enhances social awareness by allowing individuals to connect deeply with others' emotional states. Training programs aimed at improving active listening skills have shown to increase empathy, reduce misunderstandings, and foster trust in both personal and professional relationships.

Improving Relationship Management by Developing Communication Skills

Effective communication is a cornerstone of managing relationships. Techniques such as assertive communication—expressing thoughts and feelings honestly and respectfully—help prevent conflicts and promote collaboration. Additionally, learning to provide constructive feedback and navigate difficult conversations with emotional sensitivity can elevate one's ability to influence and inspire others positively.

Integrating Emotional Intelligence Into Daily Life

Self-Reflection and Journaling

Keeping an emotional journal where one records daily feelings and reactions can enhance awareness of emotional patterns over time. This practice encourages introspection and helps identify triggers or habitual responses that may hinder emotional intelligence development.

Seeking Feedback and Coaching

Engaging with mentors, coaches, or trusted peers for honest feedback about one's emotional behaviors can reveal blind spots and areas for improvement. Professional coaching aimed at emotional intelligence has gained traction in leadership development programs, highlighting its value in career advancement.

Leveraging Emotional Intelligence Assessments

Standardized tools like the Emotional Quotient Inventory (EQ-i) or the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) provide measurable insights into an individual's emotional competencies. Using these assessments as benchmarks enables targeted goal-setting and tracking progress over time.

Challenges in Increasing Emotional Intelligence

While the benefits of enhanced emotional intelligence are clear, the process of increasing EI is not without challenges. Emotional habits are often deeply ingrained and influenced by personality traits, upbringing, and cultural factors. For instance, individuals with high neuroticism may find emotional regulation more difficult. Additionally, certain organizational cultures may undervalue emotional skills, making it harder for individuals to practice and apply EI in the workplace.

Despite these obstacles, persistence and consistent application of the strategies outlined can lead to meaningful improvements. It is also worth noting that emotional intelligence development is a lifelong journey rather than a fixed endpoint.

Emotional Intelligence in the Workplace

The connection between emotional intelligence and professional success cannot be overstated. Studies from the Harvard Business Review indicate that EI is a better predictor of job performance than IQ in many roles, particularly those requiring leadership, teamwork, and customer interaction.

Organizations are increasingly investing in EI training programs to cultivate emotionally intelligent leaders who can navigate complex interpersonal dynamics and drive positive organizational culture. Employees with high EI tend to exhibit resilience, adaptability, and conflict resolution skills—attributes that are invaluable in today's fast-paced and often high-stress work environments.

Technology and Emotional Intelligence Development

Emerging technologies, including AI-driven coaching apps and virtual reality simulations, are providing novel ways to practice emotional intelligence skills in safe, controlled environments. These tools offer personalized feedback and scenario-based learning, making emotional intelligence training

more accessible and scalable.

Final Thoughts

Understanding how to increase emotional intelligence involves a multifaceted approach that blends self-awareness, regulation, empathy, and interpersonal skills. By integrating mindfulness, cognitive strategies, communication improvements, and reflective practices into daily routines, individuals can enhance their emotional capacities in meaningful ways. While challenges exist, the growing body of research and technological innovations provide ample resources to support this personal and professional development journey. Ultimately, cultivating emotional intelligence not only enriches individual lives but also contributes to healthier communities and more effective organizations.

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how to increase emotional intelligence: How to Develop Emotional Intelligence Adrian Praljak,

how to increase emotional intelligence: How To Develop Emotional Intelligence RD king, Over the last several decades, the topic of emotional intelligence has become a popular topic the world over. There have been many scientific studies that have been conducted on the subject of emotional intelligence, and the findings are astounding. One finding uncovered by several studies is that your IQ only accounts for 20 percent of our achievements in life, while the other 80 percent depends solely on our emotional intelligence. Unfortunately, having low levels of emotional intelligence can take its toll on your mental and emotional well-being.

how to increase emotional intelligence: How To Develop - Emotional Intelligence Alan Revolti, 2019-09-03 Over the last decade, the idea of emotional intelligence, or EQ, has become more popular throughout the world. Unfortunately, not many people understand what EQ the term is really about or why it has become so popular over the last several years. Many scientific studies have been conducted over the years and have discovered that emotional intelligence is more important in life than the average intelligence that is measured by the IQ scale. These studies, which have been conducted by both American and European universities, have proven that the common intelligence responses account for less than 20 percent of our achievements and successes in life, while the other 80 percent depends solely on our emotional intelligence. Everyone, from students to CEOs, is confronted by not only their own emotions but the emotions of everyone around them. How you manage these emotions has a significant impact on how other people perceive us, as well as our effectiveness to get things done. When you can increase your emotional intelligence, you can become better equipped to respond to stressful situations around you with a high degree of maturity. John Mayer, Peter Salovey, and Konstantin Vasily Peterides are renowned researchers that discovered people who have high emotional intelligence tend to become better leaders and are excellent in everything they set out to accomplish. The first person to use the term emotional

intelligence was Wayne Payne in his doctoral thesis, *A Study of Emotion: Developing Emotional Intelligence*. In his thesis, he compared the IQ and emotional intelligence and determined that EQ was superior because it covers a wide range of faculties and aspects of a person's behavior. Studying your emotional intelligence will help you to understand the source and impact of your emotions better. This is important because it helps to enhance one's self-awareness. Studying your EQ will also provide you with the opportunity to understand better the behavior of others and the underlying reasons why they act the way they do. Emotionally intelligent people can harmoniously reconcile what their mind and reason tell them with the voice of their feelings and emotions. Thanks to this skill, emotionally smart people are self-confident, self-aware, creative, and energetic. They are also much more capable of handling stress and knowing how to get along with others. They are more optimistically approaching their life and don't fear change. They are the people of success.

how to increase emotional intelligence: *How to Improve Emotional Intelligence* Sam Reddington, 2018-03-16 Who Else Wants To Fully Understand And Enhance Their Emotional Intelligence? Preview: In this book, get to know Robert Plutchik's Wheel of Emotions and other dyads that result from a combination of the basic emotions. Learn the theories of emotions. Do you get angry before you tremble? Do you smile before feeling happy? Why do we have emotions? Get to know the intrapersonal, interpersonal, and sociocultural purposes of emotions. Where does Emotional Intelligence fall under Howard Gardner's Theory of Multiple Intelligences? EQ and IQ are always pitted against each other, but each has its own limitation where the strength of the other lies. Neither EQ nor IQ test can determine your success in life, but why take them? How is your emotional competence? Get to know a detailed description of the five dimensions of Emotional Intelligence and their subsets. Which competencies do you currently have? Which should you have? What are the implications of Low EQ? Even though you don't take an EQ test, low EQ will always be apparent. Get to know illnesses and personality disorders related to EQ and how to manage them: emotional blindness, emotional blunting, reactive attachment disorder, narcissism, high-functioning autism, depression, bipolar disorder, antisocial disorder, and anxiety disorders. Can emotional intelligence really determine your success and failure in life? There are four levels of readiness to go through successful behavior change. Where are you currently? This guide is based on Emotional Intelligence pioneer Daniel Goleman and can be used for both academic and practical purposes. GET YOUR COPY TODAY!

how to increase emotional intelligence: *No Emotional Intelligence?* No-To-Know Publication, 2014-10-04 Do You Have NO Emotional Intelligence? What is the biggest thing that controls you? No, it's not your demanding boss or control freak mother-in-law. Look inside and ask yourself, every decision you make...how do you make it and what is it based off of? If you think you make it based on rational-thinking, and that we're all logical creatures...think again! There is something within us older than prehistoric time...it's something called emotions. Before our higher-thinking brain was developed that makes us intelligent creatures we are today, human-beings were primitive species ruled only by our instinctual nature and emotions. We like to think we are in control of ourselves, our well-being, our success, and our destiny, but somewhere deep down inside is still this outdated animalistic part of our brain that no longer serves us in the present, that overrides our self-control and let our emotions run wild. If our logic were to ever clash with our emotion, emotion would win because it has been around longer. That's why it's so easy to get lazy and not do what you're supposed to do BUT only WHAT you feel like doing WHEN you feel like, as well as easily get emotionally affected when your day has been going so well...until that one person messes it up or some bad news you get, read, or heard, causing your emotions to spin out of control. This is a lack of emotional control, and a lot of us are not in control of our emotions. You're constantly reactive to other people and the things around you, not taking proactive approach in life to what you want, whether success, love, or happiness. Now you know why you don't have a strong grasp over emotions. Whatever you do in this world is to experience emotions, such as entertainments or creating memories from new experiences, and such, it's all about the emotions felt. That's the importance of developing emotional intelligence! Within NO-Series NO Emotional Intelligence?:

What is emotional intelligence exactly? What is it made up of and its components, and why is it important to know these to have better mood and self well-being everyday? What you need to AVOID to do that is NOT getting you the outcomes you want with other people because you are neglecting their emotions, and how they really feel underneath? How develop emotional intelligence to have better control over yourself and get things done easily and do what you really want to do in life by controlling your emotions, and not letting your emotions control you? How to improve empathy with people so they want to be around you because you're somebody they trust and look up to as a person and leader? How to explore and decipher what your emotions are really telling you, rather than what it may appear, so you know how to go about it and make better life decisions in love or finance? How to determine and measure your emotional intelligence level? Simple quizzes and tests to better understand yourself and your relationship with people and how to approach things positively. How to build your own emotional support so you'll always be secure and stable, regardless how people treat you or how tough times are? This is very crucial to have! Plus, custom practical how-to strategies, techniques, applications and exercises to increase emotional intelligence. ...and tons more. Master your emotions, master your life. Get emotional intelligence, become emotionally intelligent now!

how to increase emotional intelligence: Emotional Intelligence Ryan James, 2018-04-18
Have you ever wondered why some people seem to get all the good things life offers while others stand on the sidelines and wonder why me? Some people will tell you it's ambition, IQ, and position that determines life's outcomes. What if I told you there was something within each of us that promises greater happiness and success? It's called Emotional Intelligence, and it is available to you by simply reading this book and following the six steps presented in these pages. Feelings are what drives us in life. We do what we do to change how we feel. We buy a luxury car so that we can feel powerful and important. We lose weight so that we can feel beautiful and admired. Although you think you can do things to change or avoid feelings; in truth, you already possess those things for which you dream. All you must do is gain awareness and change your perceptions, and act on the feelings that will give you greater Emotional Intelligence. It doesn't take wealth, beauty, or brains to increase your Emotional Intelligence. It takes awareness, knowledge, and practice, which won't cost you anything but a little time. So, journey with me through the pages of this book and together let's discover how you can have all the good things life has to offer.

how to increase emotional intelligence: Building Emotional Intelligence - Understanding and Enhancing Your Ability to Recognize and Manage Emotions Namaskar Books, 2024-11-22
Exploring the Benefits of Nature Walks – The Impact of Spending Time in Nature on Mental Health and Well-Being Exploring the Benefits of Nature Walks is a transformative guide that delves into the profound impact nature walks can have on mental health and overall well-being. This book explores how spending time outdoors, especially through simple yet powerful walks in nature, can restore balance, reduce stress, and improve your emotional health. In our fast-paced, technology-driven world, many individuals are disconnected from nature, often leading to increased stress, anxiety, and burnout. This book emphasizes the importance of reconnecting with the natural world and introduces the concept of nature walks as an effective way to enhance mental clarity, boost mood, and promote physical health. Through evidence-based research, real-life examples, and practical advice, you will learn: The scientifically-backed benefits of spending time in nature, from reducing stress hormones to improving cognitive function How nature walks can boost creativity, increase mindfulness, and promote a sense of calm Practical tips for incorporating nature walks into your daily routine, regardless of your location The impact of nature on physical health, including improved cardiovascular health and immune system function How spending time in natural environments fosters a deeper sense of connection to the world around you This book encourages readers to step outside, breathe in the fresh air, and embrace the therapeutic effects of nature walks. Whether you are seeking stress relief, emotional healing, or simply looking for ways to improve your well-being, this book provides a pathway to a healthier and more balanced lifestyle. Exploring the Benefits of Nature Walks is an essential resource for anyone looking to prioritize

mental health and overall well-being. Whether you're new to outdoor activities or already an avid nature lover, this book will inspire you to embrace the power of nature walks as a regular part of your self-care routine. Start your journey toward improved mental health and well-being today. Grab your copy of Exploring the Benefits of Nature Walks and experience the healing power of nature firsthand!

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how to increase emotional intelligence: Emotional Intelligence: Practical Ways to Improve Relationships (Effective Strategies and Skills to Master Your Emotions and Improve Your Relationships) George Irving, 101-01-01 Emotional intelligence is the ability to perceive, understand and manage emotions. It does not just about understand your own emotions -

it's also about understanding the emotions of other people. When you have high emotional intelligence, you can build strong social skills and improve your relationships. You don't even need to be born with this skill – you can develop it over time! And the best part is that emotional intelligence benefits everyone around you. When you raise your EQ, you make the people around you happier and more successful too. Wouldn't it be great to be able to read people like a book? To know what they're feeling before they even say anything? To be able to connect and form stronger bonds with people around you? With Emotional Intelligence, that becomes possible. In this book, you will discover;

- Practical strategies develop high Emotional Intelligence,
- The impact of EQ in a marriage, how to address issues using EQ,
- The impact of EQ in social settings,
- Habits that will impede high EQ development and what to do about it.

The Author has so much to share with you on this book which will revolutionize your entire life. This masterpiece and classic piece is aimed to establish you with an accurate understanding of your emotional intelligence.

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Emotional Intelligence (also known as EQ) is the person's ability to manage, use, identify and understand emotions in optimistic ways to overcome struggles, have compassion with others, resolve conflict, relieve stress and communicate effectively. EQ creates an impact in various aspects of our lives, such as the way we behave and interact with other people. If you have a high EQ, you can recognize your own emotional state as well as others. Your EQ serves as your level of understanding the emotional aspect of relating with people in order to establish genuine relationships, achieve greater success at work and live a more fulfilling life. Why EQ Is Very Important? As we all know, it's not only the smartest people that are the most fulfilled and successful in life. Perhaps you know someone who is 100% academically-inclined but he or she doesn't know how to value personal relationships. Having intellectual intelligence (or IQ) is not enough to become successful in life. An above average IQ can get you to college – true! But in the end it's your EQ that will help you handle the emotions, anxiety and stress of college life especially during examinations. Emotional intelligence affects:

- Your relationship with others – By controlling and understanding your emotions, you'll be able to express how you understand and feel the emotions coming from your family, friends and work colleagues. Also, this allows you to communicate with them more effectively and develop a meaningful work and personal life.
- Your mentality – Unmanaged stress creates impact in your mentality, making you susceptible to depression and anxiety. If you cannot manage or understand your emotions, there is a good chance that you will suffer from mood swings which can ruin work or personal relationships and leave you feeling isolated.
- Your physical being – If you are unable to overcome stress, this can lead to severe health problems. Unmanaged stress speeds up the aging process, contributes to infertility, raises blood pressure, suppresses the body's immune system and increases the risk of stroke and heart attack. In line with this, the crucial step to improving your EQ is by learning how to manage stress levels in your body.

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