

GEAR UP TOOLKIT

Psychological And Occupational Safety

Module 4-Social and Emotional Intelligence

To understand feelings, one needs to differentiate it with thoughts and Actions. Feelings that generally affect the mind, one's thoughts and affects one's actions are called emotions.

Why Express Emotions?

Emotions are data, and emotions communicate meaning and intent. It's critically important to know that I'm either irritated with someone because they're late for a meeting or I'm concerned because they're late for a meeting and maybe something's happened to them. Since emotions are a form of data or information, it's important to accurately convey those to people and in a way that they will also accurately perceive.

Anger	Helps one to get their needs met
Anticipation	Helps look forward and plan
Fear	Ensures safety
Confusion	Motivates to move on
Joy	Reminds us what's important
Trust	To connect with people who help
Fear	A compass for action and growth
Sadness	Helps heal the loss
Guilt	Helps clarify values and correct the course

Role Of Emotional Intelligence

Having a high level of emotional intelligence allows you to empathize with others, communicate effectively, and be both self and socially aware. How we respond to ourselves, and others impacts our home and work environments. Following are the components that are critical for Emotional Intelligence:

Relationship with self

- Self awareness:** Thought-Feeling-Action journal, Seek feedback, Manage perceptions
- Self regulation:** Trigger worksheet, Mindfulness, Take time out, Focus on positives
- Self compassion:** Talk to self as you would to a best friend, Spend time with self, Ask for forgiveness

Relationship with others

- Social skills:** Think win-win, Prepare well, Practice assertiveness
- Empathy:** Pay attention to how you respond to others, Listen more talk less
- Motivation:** Find out what motivates you intrinsically, Process oriented v/s Result oriented

"We cannot tell what may happen to us in the strange medley of life. But we can decide what happens in us — how we can take it, what we do with it — and that is what really counts in the end." — Joseph Fort Newton

Feel free to email Gocoaches@silveroakhealth.com or dial 080 47484518 (24*7) for any queries and appointments