

EFFECTIVE METHODS OF DEVELOPING PERSONAL EMOTIONAL INTELLIGENCE

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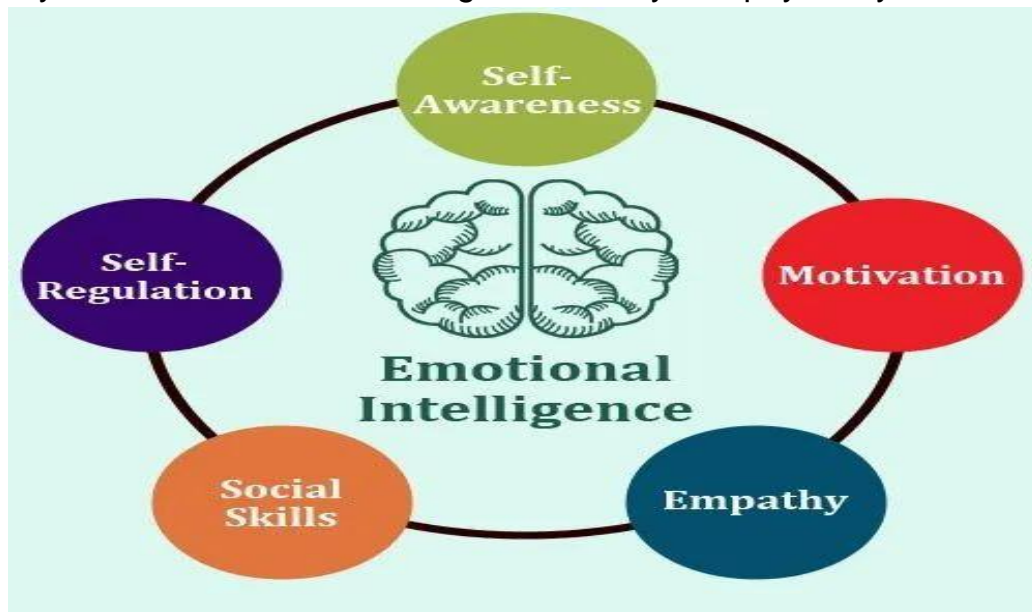
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Abstract: *The article talks about the content of the most effective ways for students and other people to increase their emotional intelligence.*

Key words: *student, education, intelligence, emotional intelligence, emotion, emotional intelligence, emotion, cognitive emotion, emotional processes.*

Emotional intelligence has become a leading topic in human resource management seminars, leadership groups and joint training sessions, and for good reason.

Scientific evidence shows that emotional intelligence plays a huge role in productivity at work. People with high emotional intelligence not only perform better, but they also tend to be more energetic mentally and physically.



Components of emotional intelligence

The concept of emotional intelligence was popularized by an author named Daniel Goleman. He released his bestseller *Emotional Intelligence* in 1996. This idea was first presented by John Meyer and Salovey.

The model of emotional intelligence presented by Salovey and Meyer consists of 4 parts:

Understands his own and other people's feelings: intel

He uses his senses to think.

Understands emotions, emotional speech, and signals that express feelings.

He manages his emotions in order to achieve certain goals.

Research shows that emotional intellectual potential can be mastered. This field has become a million dollar industry because training programs have proven to be very effective in helping people develop emotional intelligence and lead exemplary lives.

But you don't need a formal training program to improve your emotional intelligence.

Here are 7 simple ways to improve your emotional intelligence:

1. Name your feelings.

Although it's obvious that our emotions influence every decision we make, people rarely want to talk about their emotions. Most people tend to say, "I feel weird" or "There's something stuck in my throat" rather than saying what they're actually feeling, when in reality it's usually a sign of sadness or anxiety. .

Practice naming your feelings using emotion words—I'm disappointed, I'm annoyed, I'm disappointed. Be aware of yourself once or twice a day, and pay attention to how you feel, even if you don't say it loud enough for anyone to hear.

2. Pay attention to how your emotions influence your conclusions.

Now that you know how you feel, pay attention to how these emotions affect your thoughts and behavior. If you're feeling depressed, it can cause you to fear rejection and underestimate the value of your efforts.

On the other hand, if you get too excited about an opportunity, you may overestimate the scope of your possibilities. This can lead you to take risks without considering its consequences and weaknesses.

To make better decisions, you need to notice how your emotions are influencing your judgment. This way, you will strike a fair balance between your mind and your emotions and be better equipped to make decisions.

3. Decide whether your emotions are your friend or your enemy.

Every emotion we experience has the power to either be beneficial or harmful to us at some point in time. An emotion can either make us sad or happy depending on how we use it.

Once you identify what you are feeling in any given moment, pay attention to whether that feeling is your friend or foe in that moment. Anger can be your friend if it helps you in your fight against injustice. But when you enter into a discussion with your supervisor, he may turn hostile towards you.

If sadness reminds you to remember the person you lost in your life, it is right. But if it gets in the way of your life aspirations, it can be your enemy.

If you realize that sadness has turned to hostility, you should do whatever you can to bring your emotions in order. To do this, try using healthy coping skills. Perhaps a few minutes of meditation can help you relax. Most importantly, even the simple act of walking around your street can lift your spirits.

4. Take responsibility for your feelings.

Saying that you're upset with a co-worker or blaming your boss for making you feel bad is a sign that you're letting others control your emotions. Your ability to respond to your emotions is about taking full responsibility for them.

Only you can decide how to react to situations and other people. Remember that every time you think he's hurting me.

Instead of thinking, "He's making me angry," try something like, "I don't like what he's doing, and I'm getting angry."

5. Pay attention to other people's feelings.

Understanding the emotions of others is one of the most important components of developing your emotional intelligence. Being relevant to this will help you avoid interrupting or arguing with the person with the opposite attitude when they are speaking.

Pay close attention to the emotional state of other people. If you can understand someone's emotions, then you will better understand how these emotions can affect the perception and behavior of this person.

6. Limit your time using mobile devices.

Spending too much time on your mobile devices can damage relationships. In romantic relationships, studies have found that staring at your phone while spending time with someone can prevent intimacy and destroy trust.

Prolonged use of mobile devices can also affect a person's ability to read and understand emotions. As mentioned earlier, this feature is one of the components of emotional intelligence.

A computer study published in *Human Behavior* in 2014 found that elementary school students who spent five days outdoors without mobile devices significantly improved their ability to read other people's emotions. This improvement in understanding of nonverbal emotions occurred after only five days of walking without electronic devices. Setting healthy limits on the use of your tech devices can be beneficial. Don't stare at the phone when talking to people face-to-face. Set specific times during the day when you can't use your phone—perhaps when you wake up, eat lunch, or the first hour before you go to bed.

A digital detox from time to time will really benefit you. Going without your electronic devices for a few days will improve your ability to read other people's emotions.

7. Keep track of the changes you have achieved.

At the end of each day, look at the changes in yourself. Have you been kind to a frustrated colleague? Admit it openly.

However, at the same time, pay attention to the aspects that need to be improved. Have you tried to excuse yourself from some harsh opinions expressed to you, or did you stop communicating with your supervisor because of anxiety? Be smart enough to learn from these mistakes and do better in the future.

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