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JAtH

EMOTIONAL RESILIENCE

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OBJECTIVE

Understanding what emotional intelligence (EQ) is and how to apply it to be emotionally resilient.

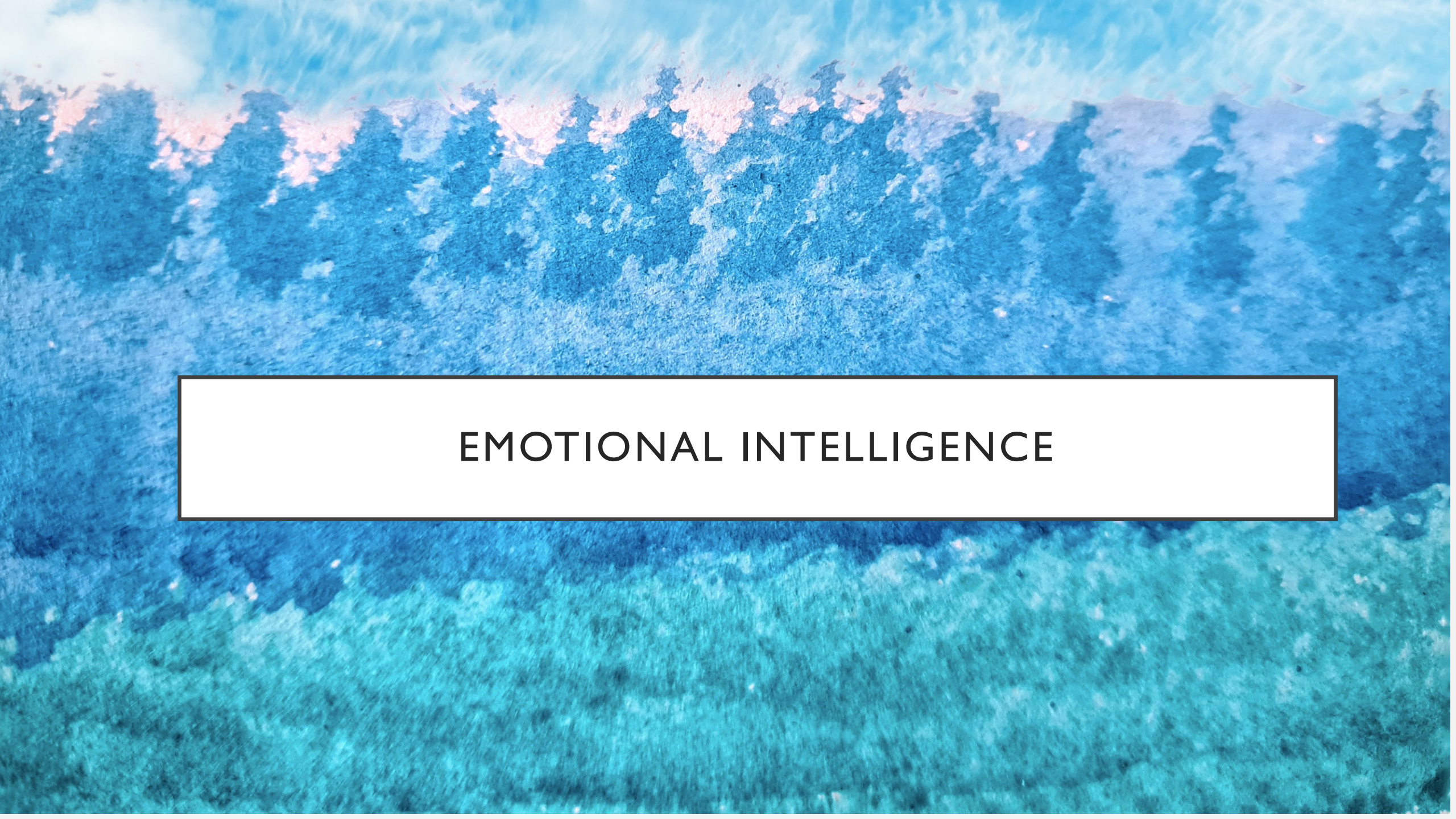
MEANING OF EMOTIONAL RESILIENCE

- Your ability to respond to stressful or unexpected situations and crises.
- Also called emotional agility – the ability to bounce back emotionally from stressful situations.



MEANING OF EMOTIONAL INTELLIGENCE

Emotional intelligence (otherwise known as emotional quotient or EQ) is **the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.**

An aerial photograph of a dense forest, showing a mix of green and brown tree canopies. A white rectangular box with a thin black border is centered horizontally and vertically, containing the text 'EMOTIONAL INTELLIGENCE' in a bold, black, sans-serif font.

EMOTIONAL INTELLIGENCE



Self-awareness – the ability to recognize and understand your moods and emotions, and how they affect others



Self-regulation – the ability to control impulses and moods, and to think before acting



Internal (or intrinsic) motivation – being driven to pursue goals for personal reasons, rather than for some kind of reward (the opposite is external motivation)



Empathy – the ability to recognize and understand others' motivations, which is essential for building and leading teams successfully



Social skills – the ability to manage relationships and build networks



RETURNING TO THE BASELINE

- Returning to the emotional state you had before a stressful event.
- To manage your anxiety and stress in a way that does not impair you on a day-to-day basis.

“

Resilience is our ability to bounce back from life's challenges and unforeseen difficulties, providing mental protection from emotional and mental disorders.



ELEMENTS OF EMOTIONAL RESILIENCE

- **Physical Elements**

- Involving physical strength, energy, good health, and vitality.

- **Mental or Psychological Elements**

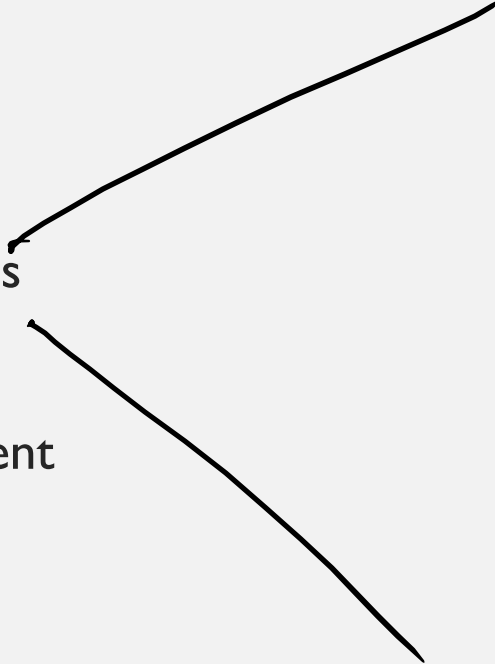
- Including aspects like adjustability, attention and focus, self-esteem, self-confidence, emotional awareness and regulation, self-expression, thinking, and reasoning abilities.

- **Social Elements**

- Including interpersonal relationships (work, partner, kids, parents, friends, community, etc), group conformity, likeability, communication, and co-operation.



HOW TO BUILD EMOTIONAL RESILIENCE

- Building self-acceptance
 - Self awareness
 - Improving stress management strategies
 - Building self-esteem
 - Being mindful and focused on the present
 - Expressing emotions wisely
 - Persistence
 - Flexible thinking
 - Choosing to react to stress in a way that won't harm yourself or those around.
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The greatest glory in living lies not in never falling, but in rising every time we fall.”

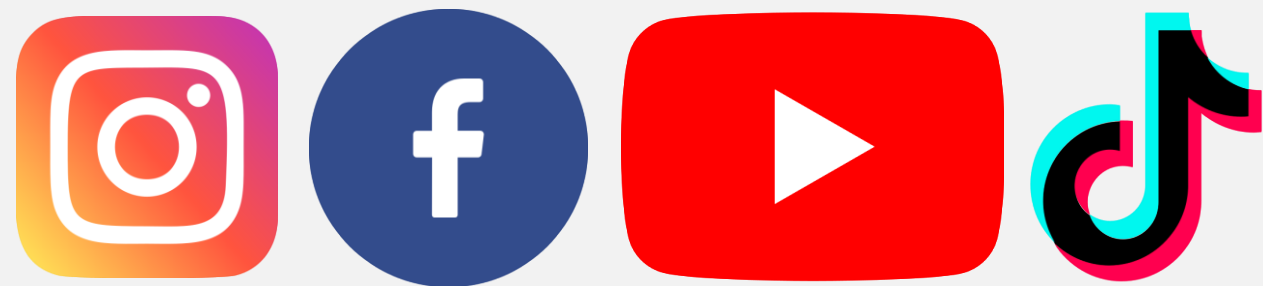
Nelson Mandela

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