- Intellect

MINDFUL WELLNESS

Psychologies wellness director Ali Roff Farrar shares expert advice, ideas, stats and the newest research on all things wellbeing, including three surprising sleep hacks, how to boost your E.I., an easy way to boost your workouts, yoga to increase circulation and why your co-worker who brags about being stressed *really* gets on your nerves...

How to develop your emotional intelligence

'Developing your emotional intelligence (EI) is a transformative journey that can significantly enhance your personal and professional life,' says Tracey Jones, a mind management coach and global keynote speaker. 'When we consciously embrace social skill development, we become better at navigating social complexities.

1 'Start by cultivating **self-awareness** — regularly check in with your feelings, identify triggers, and observe how your emotions influence your thoughts and actions. Journaling can be a powerful tool; it helps clarify your emotional patterns and fosters introspection. EI expert Daniel Goleman believes that only when we raise our self-awareness can we self-regulate accordingly. I totally agree with his statement: by learning to manage your emotions effectively you can then respond thoughtfully rather than react impulsively.'

2 'Use the "**stop, pause, breathe**" technique.
Stop what you're doing.
Pause the mind.
Breathe.
This gives time for us to rationalise information.'

3 '**Empathy** is another cornerstone of EI. By engaging actively in conversations, listening attentively, and striving to understand others' perspectives we can truly understand what is going on within our environments. Putting yourself in others' shoes not only strengthens your relationships but also enhances your ability to connect on a deeper level. Seeking feedback about your emotional interactions from trusted friends or colleagues can highlight blind spots and provide valuable lessons for growth.

'Remember, boosting your emotional intelligence is an ongoing process that requires commitment and practice. By investing in your emotional growth you'll not only improve your well-being but also become a more effective leader, partner, and friend.'

For more from Tracey Jones on this subject, visit www.tjlife.net



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