

How to Improve Emotional

Intelligence?!



Emotional intelligence is smartness in dealing with one's complex moods, feelings and emotions. People with a high degree of emotional intelligence (EI) live a stress-free life, make able leaders and are good in maintaining relationships.

Tips to Improve Emotional Intelligence

It is not easy to develop EI, even if it may sound so. It demands patience, consistent effort, ability to recognize non-verbal signs.

Learn to Manage Stress

Stress is a prime factor that influences our emotional triggers. Each of us reacts differently to stress and the way to counter it is also different for each of us. You can also use humor to kill stress, humor has an indirect and big impact on us. How? It is well-known that humor is a stress-buster and helps in keeping negative energies at bay.

Communicate Verbally and Non-verbally

Our non-verbal actions also convey a lot about how much we care, or how attentively we listen. Also, understand others by observing their body language, eye contact, posture and gestures, the tone of their voice, etc. Conversing with others, learning more about them, and showing empathy towards their thoughts will help you in developing good emotional intelligence.

Connect with Yourself

To improve your emotional quotient, try to honestly identify your shortcomings. You might be self-centered and that is affecting your personal relationships. Do you tend to get impatient and anxious in tough times? Do you think too much before reacting to any situation? Do you find it difficult to accept responsibility? Learn to work on your weaknesses through focus and meditation, and try to be more considerate.

Keep a Positive Frame of Mind

The ability to think positively during difficult times is something we all should learn to inculcate in ourselves. It is important for you to be an optimistic, because it will help in coping with a tough situation in a far better way. The ability to see "opportunity for improvement" during any negative situation will help you become an optimist.

Be Open-minded

It is said that narrow-mindedness is a sign of low emotional quotient. You should be focused more on your goal and self-development, rather than advising others, or pointing out their mistakes. On the other hand you should not stay aloof from others, rather be considerate towards them. Whenever someone criticizes you, do not let it affect your confidence and performance, instead accept it as a challenge and conquer it with positive thinking.

Resolve Conflict Positively

Conflicts are part and parcel of life, and you cannot avoid them. How do you react when you have a disagreement with someone? Do you get angry, or do you take it in your stride positively? You should have control over your emotions and not let them not affect your work or relationships. Learn to accept your mistakes and the value of apologizing. Assertiveness is also a factor that comes into play here, being assertive will help you in expressing your thoughts in a succinct way. A person with high emotional intelligence holds no grudges, learns to forgive, is always creative and willing to view life positively.