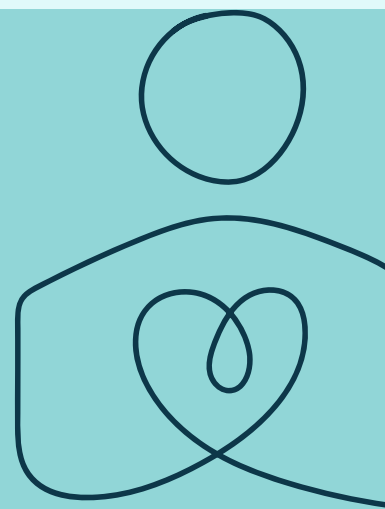


# IMPROVE YOUR EMOTIONAL INTELLIGENCE

The awareness of, and ability to manage one's own emotions, and have empathy for others.

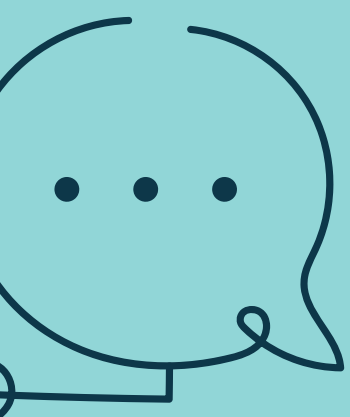
## SELF-REGULATION

- Identify triggers
- Name your emotions
- Practice healthy living
- Stay connected with friends



## SELF-AWARENESS

- Identify early attachment experiences that may have influenced how you currently manage your emotions
- Practice mindfulness to connect with your emotions
- Ask for feedback



## SOCIAL SKILLS

- Identify nonverbal cues in others
- Practice active listening skills
- Empathise with others

