



Gateway to Success Teens' Newsletter

Emotionally Smart?

We've all heard of IQ. IQ is the measure of our intelligence. But did you know about EQ? EQ is emotional intelligence and it is the ability to understand one's emotions and manage them well. An emotionally intelligent person is someone who knows what they are feeling and deals and copes with those feelings in an appropriate way. EQ is also about maintaining healthy relationships because you are able to emotionally connect with another person.

- * **Understand your feelings.** When you truly understand your feelings, you learn what it was that caused you to cry or to get angry. You might also see a pattern and notice that certain events or things really affect you. For example, if you know that you always feel like hitting someone because you felt disrespected then you might find ways to overcome those feelings of aggression. When you know the different situations that make you mad or angry, you can predict how you might feel if a similar situation were to happen again in the future.
- * **Manage your feelings.** That means finding healthier ways to express yourself other than yelling, screaming, hitting, punching or any other negative behaviors that could make the situation worse. Sometimes managing your feelings means you need to write it down in your journal or talk to the person who made you feel sad. Everyone has a different way to deal with their feelings but finding what works best for you is most important.
- * **Keep healthy relationships.** Healthy relationships with people who understand you and make you feel good are always important. Remember to invest in those relationships that are healthy and safe.



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