



**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others

**HARRISHEALTH**  
SYSTEM

# The Power of Emotional Intelligence

## Class 2: Becoming Emotionally Intelligent

Taught by Harris Health System Employee Wellness Team

# The Power of Emotional Intelligence

## Class Outline

Class 1: What is Emotional Intelligence?

Class 2: Becoming Emotionally Intelligent

Class 3: Applying Emotional Intelligence for  
Optimum Well-Being and Success

# The Power of Emotional Intelligence

## Learning Objectives

- What is emotional intelligence and why is it important?
- Understand the difference between emotional intelligence and IQ
- Understand the five components of emotional intelligence.
- Learn what it takes to become an emotion scientist using the RULER method and how to implement it
- Learn how to apply emotional intelligence at home, school and work

# Class 2 Learning Objectives

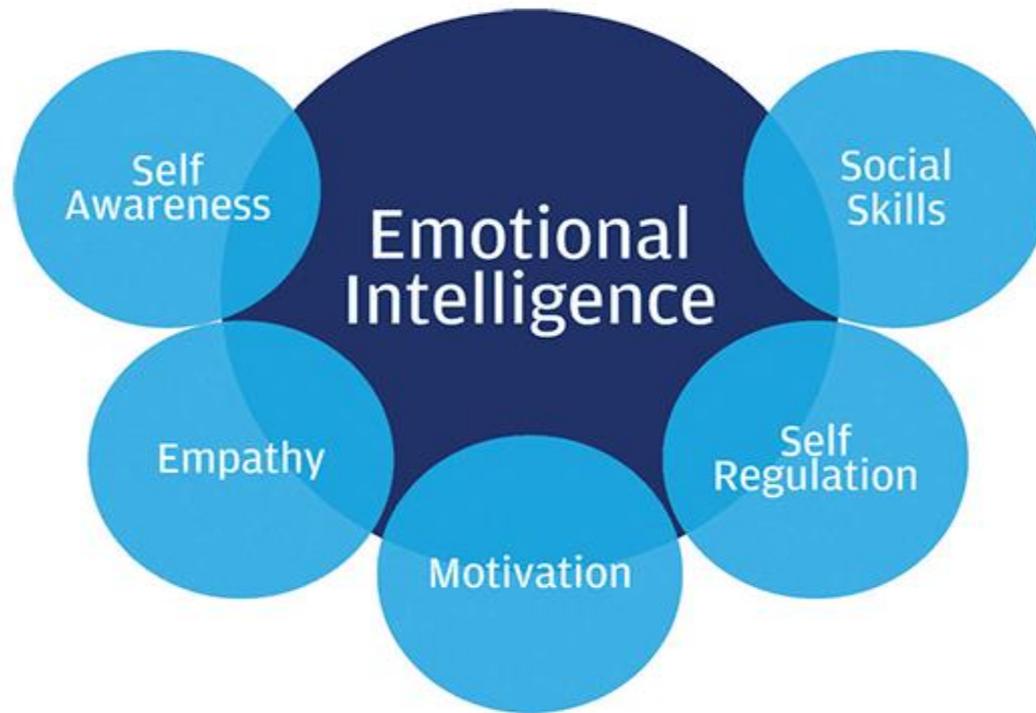
- Review Class 1 – What is Emotional Intelligence?
- Becoming an Emotion Scientist
- The RULER Method

# Review: What Is 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

# Review: What Is Emotional Intelligence?

## Five Components of Emotional Intelligence



# BECOMING EMOTIONALLY INTELLIGENT

# What is an Emotion Scientist?

- Has learned the skills to use emotions wisely
- Does not suppress or ignore emotions
- Is not controlled by feelings that may not even perceive
- Helps people they interact with manage their emotions

# Becoming an Emotion Scientist

- Helps us understand the difference between Integral and Incidental Emotions
- Allows us to acknowledge what are our emotions are telling us
- Helps us understand physical symptoms
- Teaches us the ability to pause at the most stressful moments

# Understanding Emotion Skills

- Must be acquired
- Amplify our strengths and help us through challenges
- Are mental skills that enable us to think smarter, more creative and get better results from ourselves and the people around us.
- Restores balance to our thought processes
- Prevents emotions from having undue influence over our actions
- Helps us realize we may be feeling a certain way for a reason

# Emotion vs. Feeling

## Emotion

- Happy, sad, angry
- Short-lived
- Usually include a physiological reaction
- Often expressed automatically in our facial expressions body language or other non-verbal cues
- Accompanied by a subjective experience in our conscious minds

## Feeling

- Internal response to an emotion
- Nuanced, subtle, multidimensional

# Emotional Skills Self-Test

- Score yourself from 1 (very unskilled) to 5 (very skilled) on five statements that sum up what it takes to be an Emotional Scientist:

I am able to accurately recognize my own and other's emotions

I am aware of the causes and consequences of my own and other's feelings

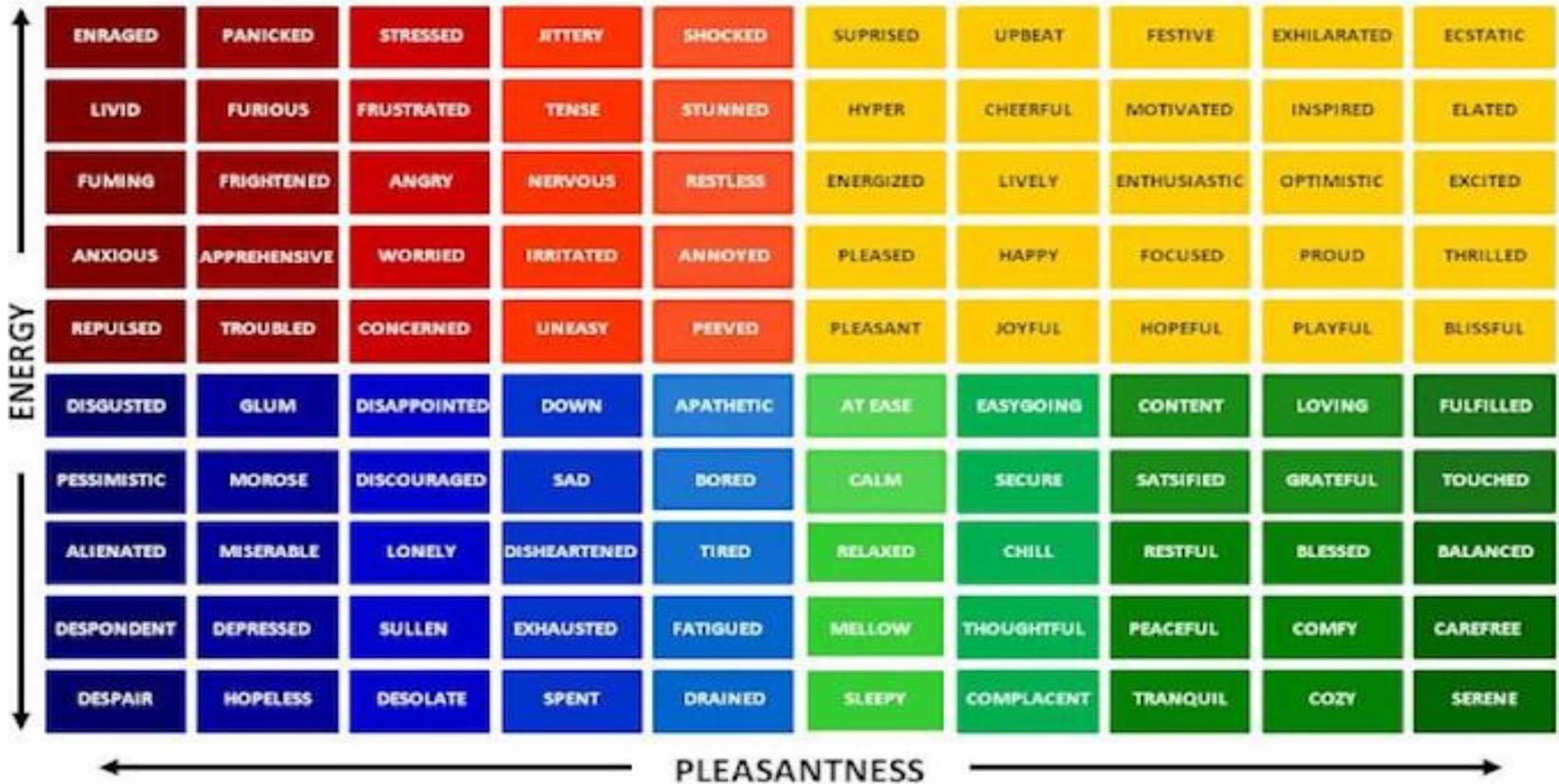
I have a refined emotion vocabulary

I am skilled at expressing the full range of emotions

I am skilled at managing my own emotions and at helping others manage theirs

# MOOD METER

How are you feeling?



# RULER METHOD

- R(ecognizing)
  - U(nderstanding)
  - L(abeling)
  - E(xpressing)
  - R(egulating)
- 
- Helps us accurately identify and decode what we are feeling
- Tells us how we can manage those emotions to achieve desired outcomes; our ultimate goals

# Summary

- An emotion scientist has learned the skills to use emotions wisely and does not ignore or suppress them.
- Becoming an emotion scientist allows us to acknowledge what our emotions are telling us and teaches us the ability to pause at the most stressful moments.
- The first step towards fully engaging with our own and someone else's emotions, even before we know what's causing those feelings is developing the skill of Recognition. The Mood Meter can help us with this.

## Homework:

- Practice using the Mood Meter to learn to identify your feelings.

## Class 3: Applying Emotional Intelligence for Optimum Well-Being and Success

# Resources

## The Power of Emotional Intelligence

- Emotional Intelligence  
by: Daniel Goleman
- Permission to Feel  
by: Marc Brackett

## Stress Management Resources

- Employee Assistance Program
  - [www.feieap.com](http://www.feieap.com)
  - 800-638-3327
  - Username: hhs
- Cigna Behavioral Health
  - Visit **myCigna.com**
  - Call the toll-free number on your Cigna ID card
  - **800-274-7603**
  - **Cignabehavioral.com**
- Health Coaching
  - Telephonic: 855-246-1873
  - Onsite: Contact Latecia Murphy
    - 713-873-6407
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# Contact Us!

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