

## Emotional Health

The phrase “*Emotions drive people and people drive performance*” is true for a business, as well as for relationships and our emotional and physical health. So one key to personal growth and health is an understanding of what our emotions can tell us about ourselves and use that information to make better choices.

We are emotional beings – that’s what makes us special and unique! We are most challenged, not when things are going well emotionally - it’s when we’re squeezed, under stress, unsure or our ego’s are threatened. It’s in these times when our choices do not serve us or others very well. In these volatile moments we react with “low emotional intelligence” - and we’ve all been there! These reactions cause our relationships to suffer (at home, work, community, and in our self-talk). The good news is that unlike IQ (established early) our emotional intelligence can continue to develop – it’s our choice!

So what’s Emotional Intelligence? *Simply put, Emotional Intelligence is the ability to integrate thinking and feeling to make optimal decisions for yourself and others.*

We’ve all experienced positive emotions: Moved by a rousing speech; influenced by a powerful act of courage; motivated by inspirational music; or, moved to help someone less fortunate out of empathy. But what about those emotions that don’t seem positive like anger, fear, frustration, and hurt (to name a few). We are all guilty of making poor decisions when we’re highly emotional. Sometimes our emotions are unpleasant and hard to manage. We even wish they’d go away. Perhaps the problem is that we’ve little training (if any) in understanding the data contained in our emotions!

For example, we typically don’t like to feel the emotion called fear. Fear in one sense is an obviously helpful emotion, helping protect us. In a less obvious sense, fear is a message expressing insecurity. To understand the fear, we need to understand the insecurity causing the fear. This is the emotionally intelligent response to fear.

When our emotions are charged it’s our choice to react, understand then respond, or ignore and suppress our feelings. However, since emotions contain important information about ourselves (remember - reacting, stuffing and ignoring is likely to be unproductive and unhealthy) we should strive to explore and use them. *By integrating our thinking and feeling we learn to respond with greater wisdom, and improve our relationships and health.*

**(391 Words to this point)**

*Purpose Centered Coaching & Training works with companies, individuals and families to build their Emotional Intelligence and learn to make better choices in all aspects of their interactions. PCC&T founder’s Marek or Darlene Helstrom are located in Sierra Madre, California and practice throughout the west coast.*