

Coping with Worry and Stress - Wellness Tips



Welcome to your daily dose of wellness!

Today's Message: **MANAGING EMOTIONS**



Today's topic is "Managing Emotions." Our ability to manage our emotions effectively (also known as emotional intelligence or EQ) affects the quality of our lives because it influences our behavior and relationships. EQ is synonymous with self-awareness because it enables us to live our lives with intention, purpose, and autonomy. The current uncertainty of national and global circumstances can be very stressful and emotions of all kinds may be running high. Guess what, that is o.k. and to be expected.

It is important to allow yourself to feel those feels but also equally important to manage them effectively. Here are a few links to provide you some guidance. Please don't be afraid to reach out for additional help if needed. Call our Employee Assistance Program partners CareBridge. It's confidential and available 24 hours a day.



[Benefits of Emotional Intelligence](#)

[TED Talk - Practice Emotional First Aid](#)

[TED Talk - How to be Your Best Self in Times of Crisis](#)



[TED Talk - Your Body Language May Shape Who You Are](#)

[TED Talk - It's OK to Feel Overwhelmed and Here's What to do Next](#)

When our emotional health is in a bad state, so is our level of self-esteem. We have to slow down and deal with what is troubling us, so that we can enjoy the simple joy of being happy and at peace with ourselves.

- Jess C. Scott

