

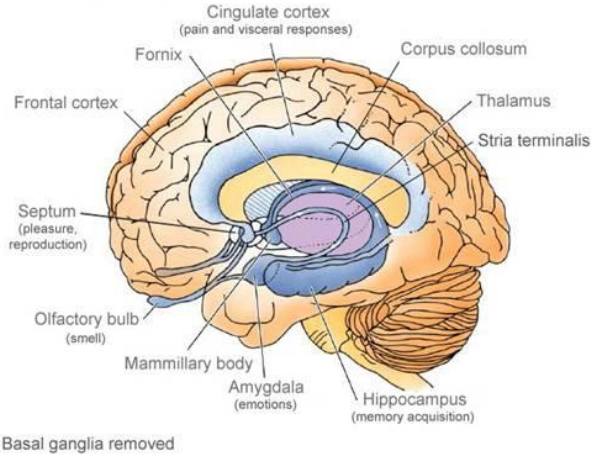
Building Emotional Intelligence

The Dorm Parent Collective

Objectives

- Breakdown stigma associated with different emotional states
- Identify skills helpful for emotional regulation
- Converse and connect with fellow Dorm parents

Emotions

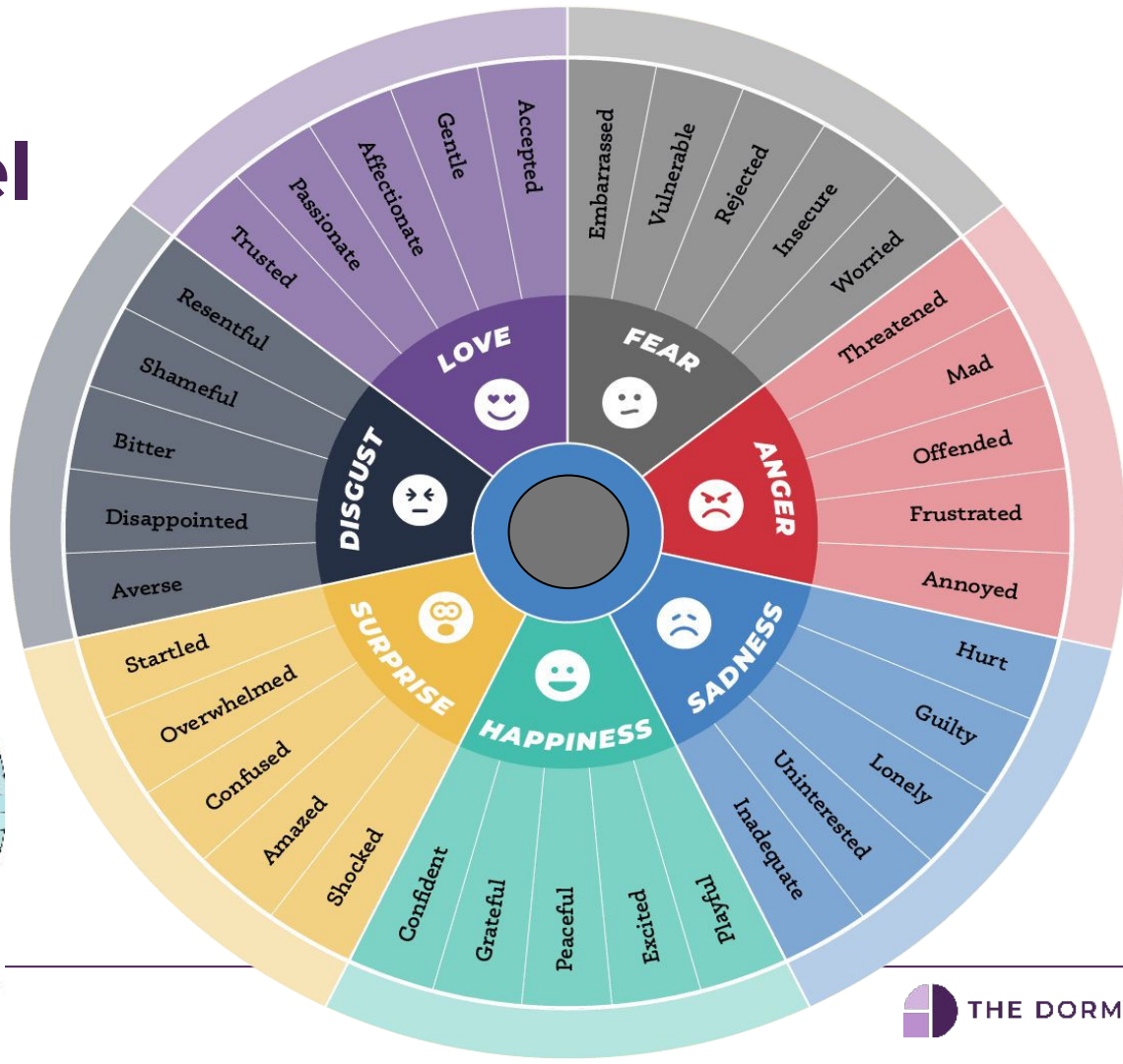
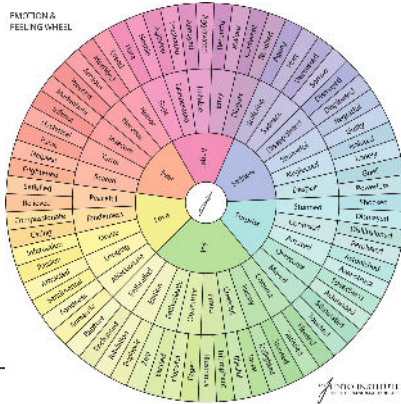


- **Mental states** precipitated by neurophysiological changes
- Subjective experience
- **Affective** aspect of consciousness
- **Associated w/ thoughts, feelings, and behaviors**
- Many regions of the brain are involved in the expression & experience of emotions
 - **Subcortical**- amygdala, hypothalamus, hippocampus, & more
 - **Cortical** regions- cingulate gyrus, parahippocampal gyrus, precuneus, insula, & more
- The Limbic System

Emotion Wheel

Universal Emotions

- Happy
- Anger
- Sad
- Fear
- Surprise
- Disgust



What do emotions do for you?



1. Motivate & organize us for action

- a. Motivate behavior, prepare action, hard-wired
- b. Support action in important situations
- c. Assist in overcoming obstacles

2. Communicate to and influence others

- a. Facial expressions
- b. Body language
- c. Non-verbals & paraverbals
- d. Impact other people

3. Communicate to ourselves

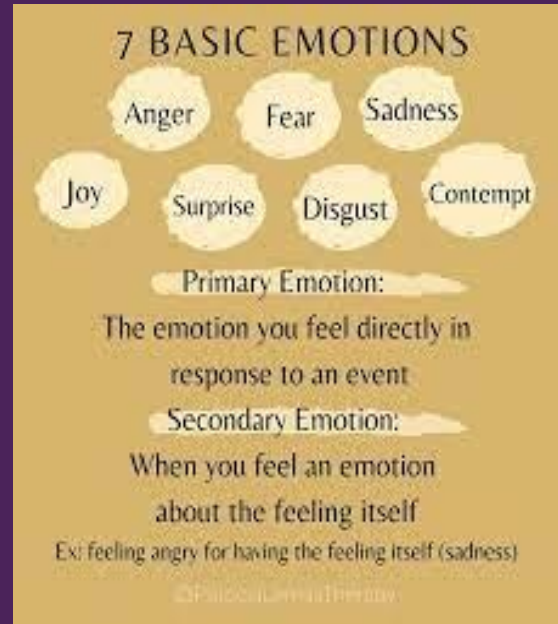
- a. Provide info about a situation
- b. Intuitive response, signal
- c. *be care to not emotionally reason (ie. believe emotions as fact)

4. Create a variety of “colors” to experience life

Myths About Emotions

- There's a right way to feel
 - Communicating emotions = sign of **weakness**
 - Negative emotions are **bad** & destructive
 - Some emotions are stupid
 - If others don't approve of my feelings, then I shouldn't feel that way
 - Extreme emotions **get you further**
 - Creativity requires intense emotions
 - Being out of control/drama is cool
 - It's **inauthentic** to change my emotions
 - Acting on emotions is sign of personal freedom
 - Emotions are me, who I am
 - Always **trust** emotions, emotions = fact
 - others?
-

Primary vs. Secondary Emotions



Primary Emotion: initial, instinctive response

Secondary Emotion: response to thought or feelings about a primary response (ie. feeling guilty for getting mad)

Emotional Regulation

What makes it hard to regulate your emotions?

- Biology
- Lack of skill
- Reinforcement of emotional behavior
- Moodiness
- Emotional overload
- Emotion Myths

Strategies & Techniques

Check the Facts: does emotional reaction fit the facts?

Opposite Action: use if emotions do not fit the facts or when acting on emotion is not effective

Problem Solving: use when the facts are the issue

Check the Facts: Evaluate the event, emotions, interpretations, assumptions, threat/worst case, intensity fit the facts?

Opposite Action: avoid/run → approach; withdrawal/isolate → get active; attack → be nice/curious

Problem Solving: describe problem, check facts, state objective, brainstorm solutions, choose action & evaluate results

Strategies & Techniques

1

Journaling! Engage in thought awareness journaling or explore the emotion and event

3

Press Pause. Ask for a time-out. Gently point out the high emotional intensity of the situation

2

Grounding Exercises There's a wide range of options here! Engage in balance challenges, the rainbow game, or gentle tapping

4

Get Active! Go on a walk, take a yoga class, play ping pong, or engage in another activity

Discussion

- How were you taught to express emotions? How was/is handling emotions modeled to your loved ones?
- What are the biggest myths you or your loved one believe about emotions?
- How can you use emotional intelligence skills & regulations tools to increase effective communication & understanding with yourself & loved ones?

Thank you!