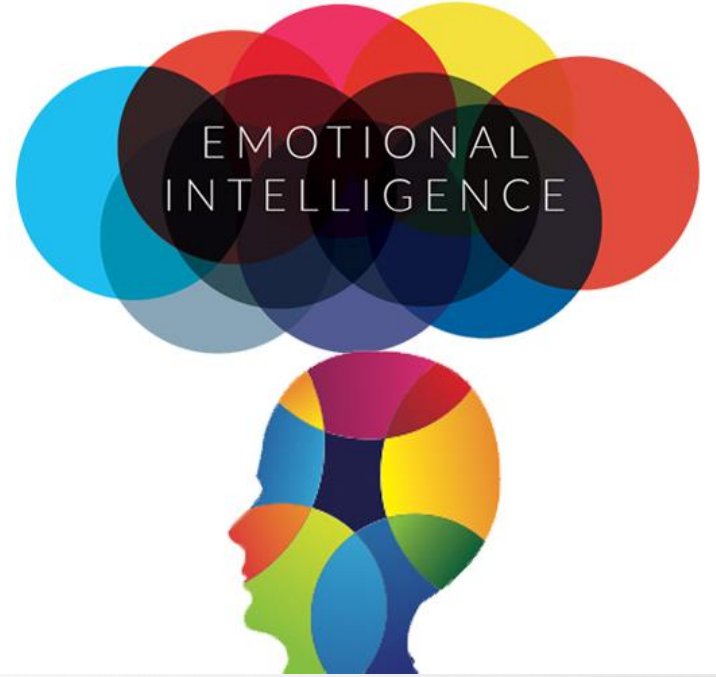


EMOTIONAL INTELLIGENCE AND YOGA



ANAND PRIYA DEO & SHALINI SONI



*"Knowing yourself is the
beginning of all wisdom."*

~Aristotle



What is Emotional Intelligence?

- ❖ Emotional intelligence is a person's ability to understand their own emotions, the emotions of others, and to act appropriately using these emotions.
- ❖ Emotional intelligence never stops growing. Because we are always evolving as people, EQ is something that must be nurtured.

A photograph of a person standing on a rocky cliff edge, looking out over a vast, deep canyon. The person is wearing a hat and a backpack. The canyon has layered rock formations and some greenery. The sky is blue with some clouds.

“Emotional intelligence is
when you finally realize it’s
not all about you.”

- Peter Stark

EQ vs IQ

*Empathy
Motivation
Self-Reflection
Manage
Relationships
Social Awareness
Self-Control*

EQ



*Analysis
Know-How
Technological
Expertise
Concept & Design
Critical Thinking
Patterns & Logic*

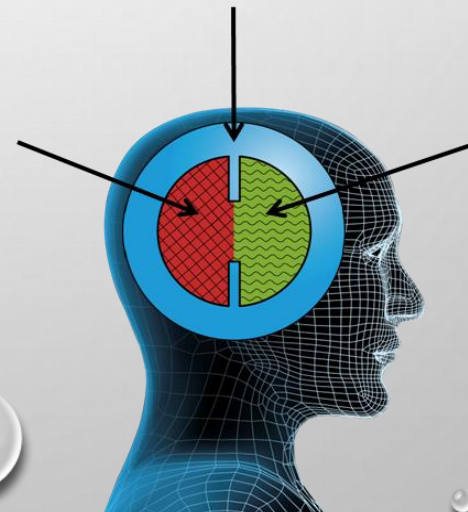
IQ

SQ

spiritual intelligence
synchronous processing
whole brain

IQ

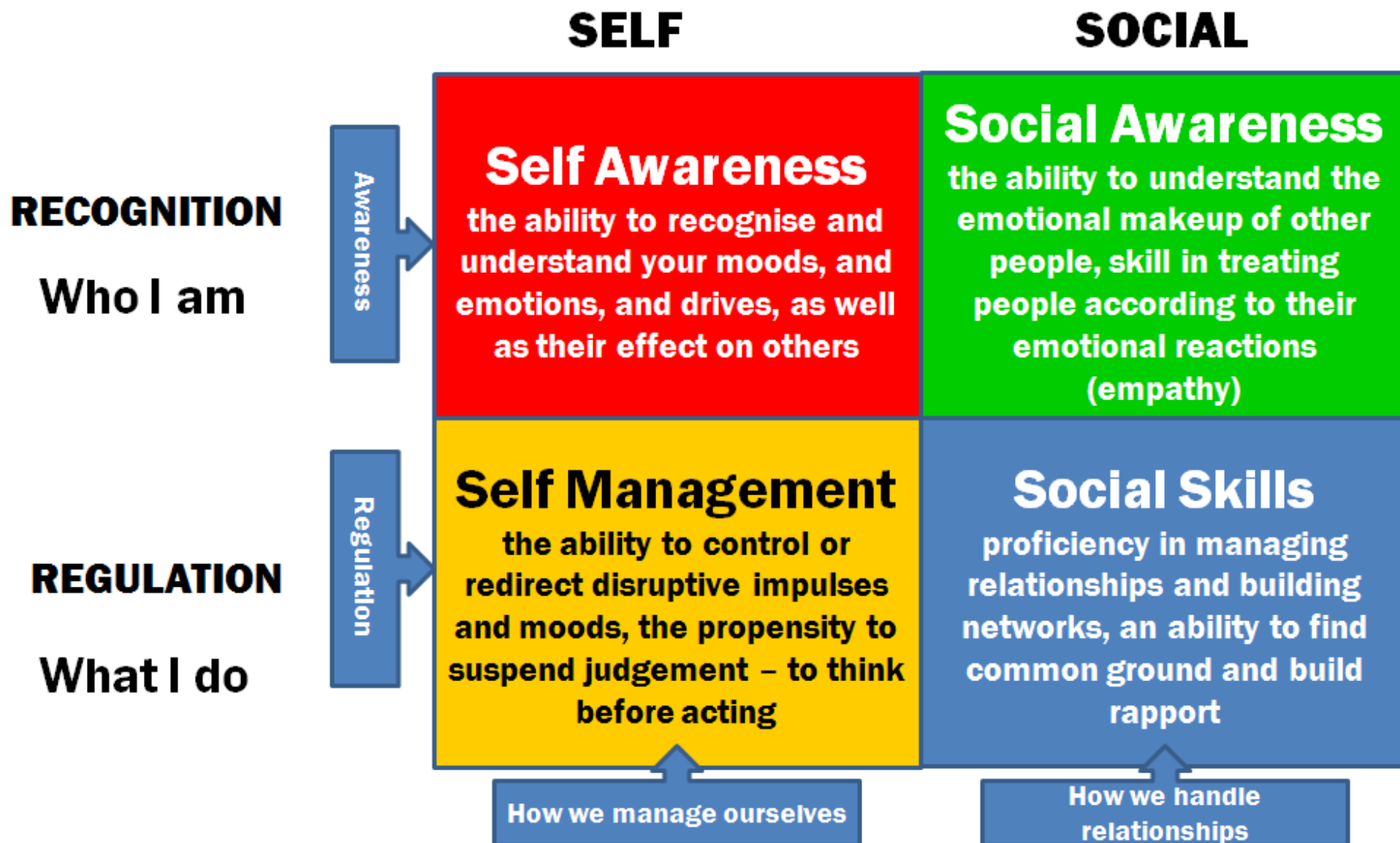
Intellectual
intelligence
serial processing
left brain

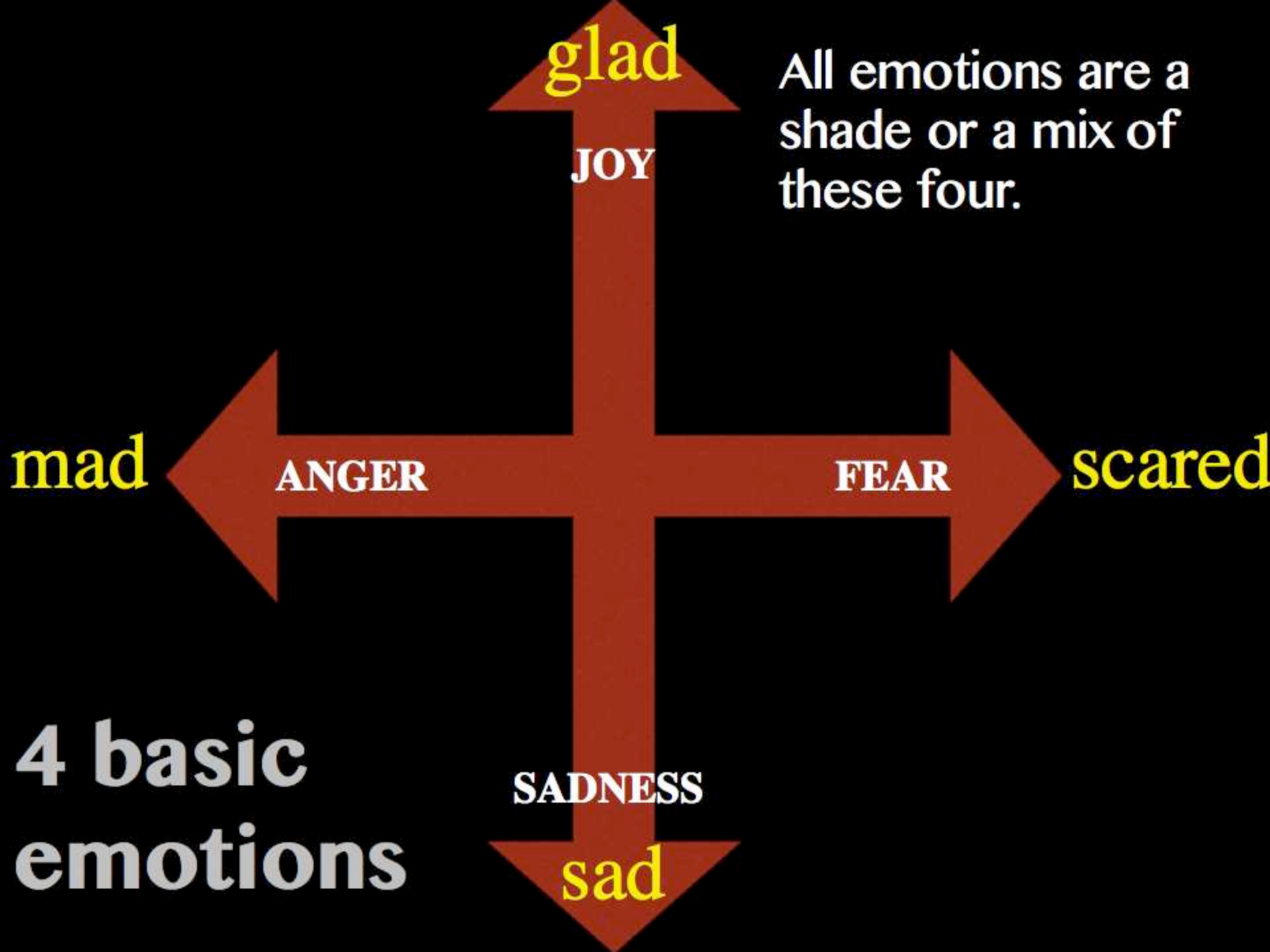


EQ

emotional
intelligence
parallel processing
right brain

Emotional Intelligence



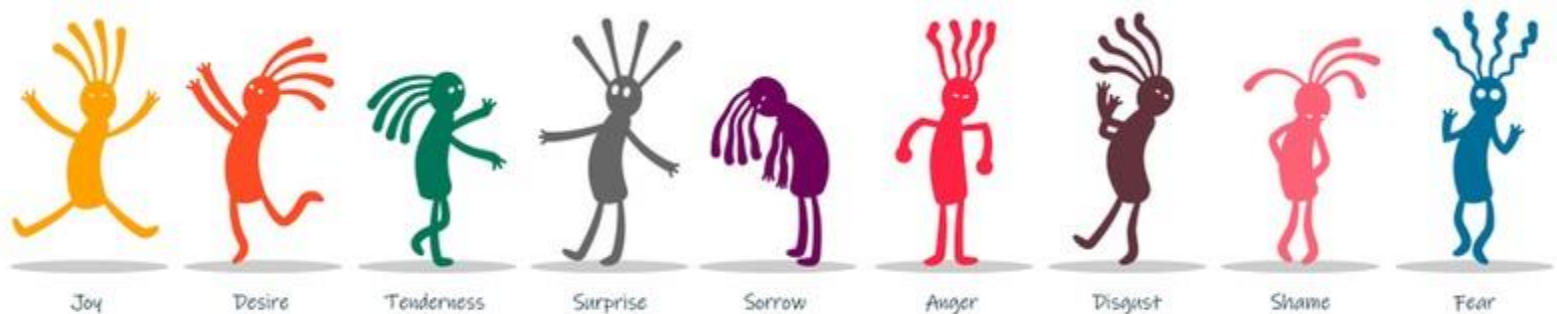


Secondary Emotions

Guilt Enthusiasm Depression Pride Vulnerability Regret
Anxiety Contentment Disappointment Happiness
Hope Jealousy Frustration Shame Confusion
Lonely Trust Satisfaction Peace Resentment
Confidence Optimism

Primary Emotions

ANGER JOY LOVE
FEAR SADNESS



EMOTIONAL HIJACK OR **AMYGDALA HIJACKING**

When we perceive a danger or threat, whether or not it is real, the amygdala scans our experience comparing what is happening now with what happened in the past.

It responds 80-100 times faster than the rational brain. We feel before we think and react being immediately aware of why.

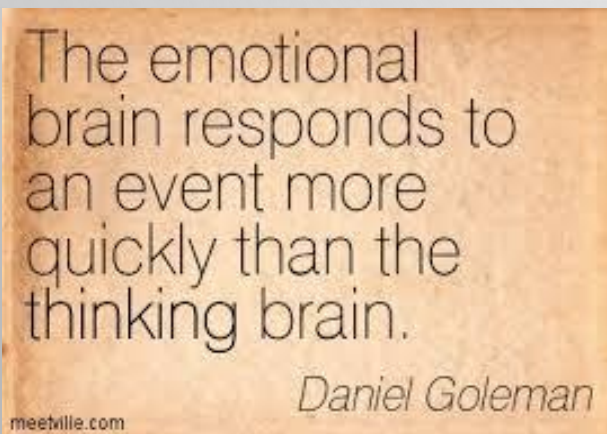
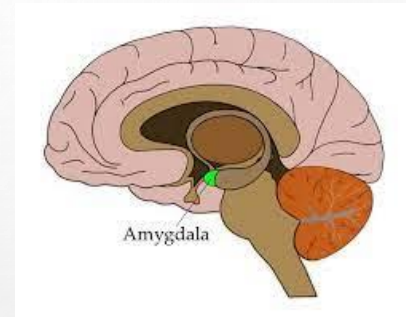
Functions of Amygdala

Autonomic responses associated with fear

Emotional responses

Processing and consolidating memory

Hormonal Secretions



HOW TO CONTROL YOUR EMOTION



5-4-3-2-1 game

Describe 5 things you can see right now.

Describe 4 things you can feel with your sense of touch right now.

Describe 3 sounds you can hear, or your three favorite sounds.

Describe 2 things you can smell around you, or that you like to smell.

Describe 1 thing you can taste right now, or that you like to taste.

STOPP



STOP: PAUSE FOR 6 SECONDS

TAKE A BREATH: ONE SLOW CALM BREATH

OBSERVE: WHAT AM I THINKING?

WHAT AM I REACTING TO?

WHAT AM I FEELING IN MY BODY?

PULL BACK: PUT IN SOME PERSPECTIVE. SEE THE BIGGER PICTURE. IS THIS FACT OR OPINION.

PRACTICE/PROCEED: WHAT'S THE BEST THING TO DO FOR ME, FOR OTHERS, FOR THE SITUATION?