Emotional Intelligence Awareness Month

*Search for picture's hidden hearts. Find the count at e-ii.org.

AS NECESSARY SERVICES TRY TO KEEP US SAFE DURING A PANDEMIC

we need better understanding of EI to help us deal with such trauma, emotionally.

Rarely is there such an emotionally challenging time throughout the world that requires us all to adapt to rules that so strictly and uncomfortably restrain us. This microscopic virus has been extremely life threatening to those with pre-existing conditions and the elderly. We cope with social distancing, masks, and frequent hand washing to keep us all safe. We avoid close contact with friends and families, as well as social and religious gatherings. Many are dealing with joblessness and related economic issues, as well as racial inequities. Dealing with such serious emotional concerns at the same time has left adults and children uncomfortable, anxious, and emotionally drained.

A civilized education truly needs to include a psychological component. This educational addition would make all the difference during such a crisis that involves serious emotional struggles. Without this knowledge and skill, our emotions are quite vulnerable to dysfunctional reactions.

The Emotional Intelligence Awareness Month Campaign is initiated each year by the Emotional Intelligence Institute (EII), a non-profit organization dedicated to educating youth and adults, emotionally. With easy-to-understand lessons, we can more healthfully react to serious problems. Learn these important skills for FREE at the Institute's website, www.e-ii.org, where you will find over 250 pages of lessons and campaign materials for both adults and youths.

*Searching for the number of hidden hearts in the picture above is similar for searching ways that emotions influence how we think, communicate, and act. Sometimes we must look more closely to see clearly.

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International Decade of the Mind 2012 - 2022

Please help others become more aware. Share on social media and other places/sites, where legal, to educate those in key positions.