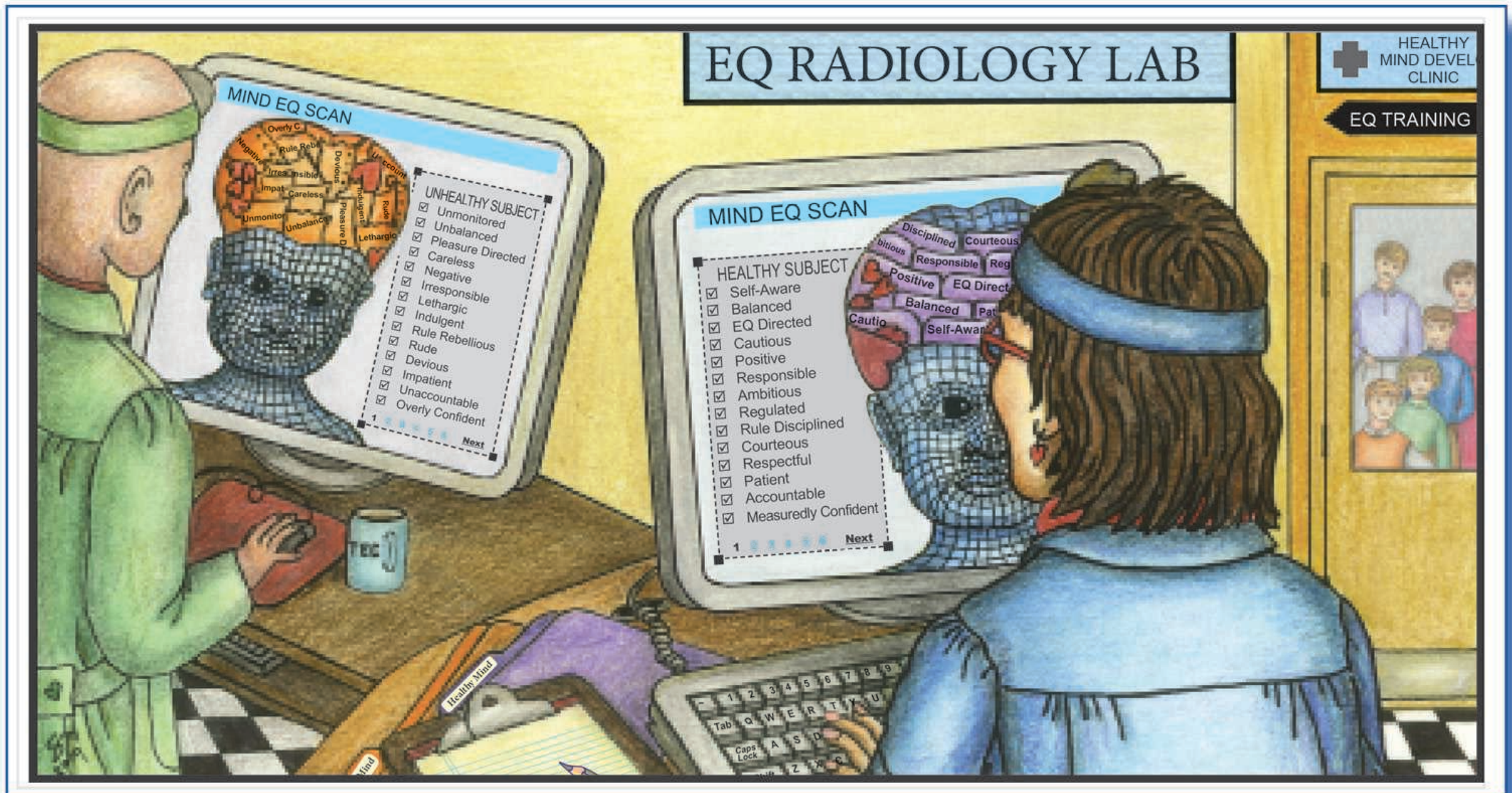


Emotional Intelligence Awareness Month



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

IDENTIFYING NATURE'S UNHEALTHY IMPACT

Teaches us to react to emotions more intelligently

Although this graphic is an imaginary vision of what technology might discover by scanning the mind for its emotional development, it reveals the opposing influences of both nature and nurturing. In reality there is a critical necessity for us all to obtain adequate understanding of the mind's emotional characteristics and troubling natural tendencies. Such knowledge can make a significant difference in how we apply our minds.

A health-oriented approach to managing our emotions is referred to as emotional intelligence (EI). Emotional quotient (EQ) is considered a measurement of how smartly we manage our emotions. The beneficial know-how that emotional training provides will greatly improve our ability to reason and to enjoy a higher quality of life. Our too limited understanding is the basis of many problems that disrupt the quality of personal and professional relationships, as well as more worldly kinships.

In a sense this novel, more educated approach to mind development is lifting us out of the emotional dark ages. We are challenged today to examine our minds in a more scholarly way, as well as to recognize that emotional intelligence, itself, is a necessary scholastic endeavor. Without such know-how, ill-measured emotions can too often seem justified, no matter how damaging. Consider the emotional challenges that have impeded your ability to master healthy behaviors.

To grasp healthy ways for nurturing your mind, research emotional intelligence on the Internet or at your local library or bookstore. This EI campaign is an international effort sponsored by the Emotional Intelligence Institute, a non-profit organization dedicated to helping people improve their EQ. Visit us at www.e-ii.org.

October 2010

2000 – 2010 Named Decade of Behavior by the American Psychological Association

Please help others become more aware. Copy and share this with those in "key positions" and post where legal.