



Emotional intelligence and wellbeing

What is emotional intelligence?

Emotional intelligence is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathise with others, overcome challenges, and defuse conflict.

Emotional intelligence has been known to improve your relationships, help you strive for greater success at work, and succeed with your personal goals. It allows you to connect with your feelings, which can assist with decision making about your wellbeing and personal values.

Emotional intelligence is commonly defined by four attributes:

Self-management – You're able to control impulsive feelings and behaviours, manage your emotions in healthy ways, take initiative, follow through on commitments, and adapt to changing circumstances.

Self-awareness – You recognise your own emotions and how they affect your thoughts and behaviour. You know your strengths and weaknesses, and have self-confidence.

Social awareness – You have empathy. You can understand the emotions, needs, and concerns of other people, pick up on emotional cues, feel comfortable socially, and recognise the dynamics in a group or organisation.

Relationship management – You know how to develop and maintain good relationships, communicate clearly, inspire and influence others, work well in a team, and manage conflict.



How is it linked to our wellbeing?

Your wellbeing is a combination of physical and mental health, and emotional intelligence can affect both of these directly. If you're unable to manage your emotions, you're probably not managing your stress either.

This can lead to serious health problems such as elevated blood pressure, which increases the risk of heart attack and stroke. The first step to improving emotional intelligence is to learn how to manage stress.

Uncontrolled emotions and stress can also impact your mental health, making you vulnerable to anxiety and depression. If you are unable to understand, get comfortable with, or manage your emotions, you'll also struggle to form strong relationships. This in turn can leave you feeling lonely and isolated and further exacerbate any mental health problems.

How to develop your emotional intelligence?



1. **Manage your negative emotions** – try mindfulness to help manage your emotions.
2. **Be mindful of your vocabulary** – focus on becoming a strong communicator and use more specific words and outcomes.
3. **Practice empathy** - try focusing on others and walking in their shoes, even if just for a moment.
4. **Know your stressors** – notice what stresses you out, and be proactive to have less of it in your life.
5. **Bounce back from adversity** – practice optimism rather than complaining. How do you react to challenging situations? Think positively!



Rethinking alcohol

Do you want better looking skin, improved sleep, healthier weight, better mental health, improved immunity, and a lowered risk of cancer and heart disease?

These are all linked with decreased alcohol intake! Dry July is a fundraiser that encourages you to go alcohol-free in July to raise funds for people affected by cancer. But you don't have to wait for a specific month to start making changes.

You can get more information from the Cancer Council website - <https://www.dryjuly.com/cancercouncil>

DRY JULY
FOUNDATION

Chicken, mushroom and thyme pie

Serves 6 / Prep time – 15 mins / Cooking time – 35 mins

Ingredients

- ▶ 15 ml olive oil
- ▶ 2 cups mushrooms (finely chopped)
- ▶ 2 leeks (finely chopped)
- ▶ 2 cloves garlic (finely chopped)
- ▶ salt and black pepper to season
- ▶ handful fresh thyme leaves (chopped)
- ▶ 1 x pre-cooked whole chicken (shredded)
- ▶ 1 tin salt-reduced cream of mushroom soup
- ▶ 1 sheet puff pastry
- ▶ 1 large egg (whisked)

Method

- ▶ In a saucepan, heat the olive oil and sauté the mushrooms, leeks and garlic until soft, and until the moisture has reduced.
- ▶ Season and add the herbs and shredded chicken. Transfer to a mixing bowl.
- ▶ Add the can of salt-reduced cream of mushroom soup and mix through.
- ▶ Arrange the filling in an oven safe pie dish.
- ▶ Place the pastry on top of the filling, ensuring the sides of the dish are closed up.
- ▶ Brush with whisked egg and bake in the oven at 180 degrees Celsius for 30 – 35 minutes, until the pastry is golden.



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The LGIS WorkCare Services team are specialist health and wellbeing professionals.

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