

## Twitter Thread by UpSkillYourLife



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### 15 Hacks To Improve Your Emotional Intelligence.

#### - Thread -

#### 1. Keep Track Of Your Feelings.

- Be self aware.
- Be conscious of what makes you angry - hunger/bad news/being ignored etc.,
- Centering yourself is easy, concentrating on your breathing.
- Breathing helps you relax your nerves and gives better control of your emotions

#### 2. Respond Instead Of Reacting During Conflict.

- Stay calm during the times of crisis. Ensure not to act impulsively.
- Main goal during conflict is finding a suitable resolution for both parties.
- Ensure your actions and emotions are geared towards finding a solution.

#### 3. Be Responsible For Your Feelings.

- Emotions are not bad.
  - Accept that you are in charge of your feelings. The moment you accept this and stop blaming others, you are a step closer to being EI.
- 'Emotions will either serve or master depending on who is in charge.

#### 4. Celebrate Positive Moments.

- Relish positive moments to have a better relationship at work and home.

- It helps you to face your problems and have a solution to your problems.

#### 5. Improve Your Listening Skills.

- Pay attention to the other person's words and non verbal aspects of the conversation.
- Start listening to understand instead of answering.

#### 6. Do Not Ignore Negative Comments.

- Reflect on negative moments and the mistakes that led you to that point.
- It helps you to deal with similar situations better in future.
- Channel your own pain, negative emotions, and disappointments in a productive way.

#### 7. Rome Wasn't Built In A Day.

- There would be times when your emotions might be overwhelming.
- It's completely okay, just keep moving on and improve yourself daily.
- Building emotional intelligence is a continuous process.

#### 8. Stay Motivated.

- Set goals and be determined to achieve those goals.
- Acknowledge your progress and believe in yourself.

#### 9. Look At Yourself Objectively.

- Compare what your close circle thinks of your weaknesses and how you perceive your weaknesses.
- This way you know what areas to improve.

#### 10. Empathize With Others.

- Being empathetic is an emotional strength.
- Empathy allows you to treat others with respect even when you do not agree with them.

#### 11. Be Approachable.

- Build relationships, take on responsibilities, practice discipline.

- Develop great inter personal skills.

#### 12. Know What Gives You Stress.

- Understanding what causes stress, helps to take proactive steps to get rid of these instances when ever possible.
- Lack of sleep causing more stress, ensure to get enough sleep.

#### 13. Keep A Dairy.

- A dairy is the best way to keep track of things that occurred during the day.
- It helps you to highlight your emotional state and to pin point areas that gives you problems.

#### 14. Create A Positive Environment.

- It gives the opportunity to thrive and grow, to you and to the people around you.

#### 15. Trust Your Intuition.

- Whenever you are unsure of the path to take, follow your Intuition.

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It will change your

- habits,
- daily routine,
- mindset, and
- make you strong and disciplined ■

<https://t.co/r9m8p3qGJl>

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