

Emotional Intelligence & Resiliency

Develop Your Sense of Self-Understanding:

- Counselling is a versatile tool for You in this endeavor

Cultivate Positive Temperamental Characteristics:

- *Example:* Glass is half-full (versus Glass is half-empty)

Learn to Calm Your Cardiovascular System after Stress:

- Tools that can help: Counselling, Meditation, Physical Exercise, etc.

Focus on Appreciating and Generating Humor

Impulse (Raw Emotions) Management:

- Especially effective in Delaying Gratification, People Skills & Task Completion

Adaptability to an Ever-Changing Circumstances

- Cultivating Self-Confidence in one's abilities to Cope