



# NEWSLETTER

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## **GRATITUDE DURING DECEMBER**

December is quite often one of the busiest months of the year. The apparent hustle & bustle to finish projects, social engagements & the Christmas rush to buy presents and perhaps even pushing ourselves to moments of discomfort.

Gratitude, being thankful, appreciative of what we have, thankful for what is in our lives, what's around us, like family, friends, our health, sunshine, snow, good times, memories.



Lets take a rain check on some of the traditional December expectations and practice daily some tips on gratitude while we interact with others.

Practicing gratitude can support greater mental health, sleep patterns & boost relationships with those around you.

Some tips on gratitude

- Be intentional with your Thank you's
- Remember the good you've received
- Acknowledge what you appreciate
- Focus on the good in others also
- Send a written note of thanks
- Smile when you say Thank you.

## WHAT IS EMOTIONAL INTELLIGENCE ?

Emotional Intelligence, or EI, simply put is a measure of our emotional & social intelligence.

Our ability to process & understand the impacts of emotions in our everyday professional & personal lives.

Emotions come up everyday, they impact our thoughts, our decisions, our presence in a moment, some examples;

- **Emotional Self-awareness** the cause of these emotions and the impact they have on one's own thoughts and actions and those of others.
- **Problem Solving** is the ability to find solutions to problems in situations where emotions are involved.
- **Stress tolerance** involves coping with stressful or difficult situations and believing that one can manage or influence situations in a positive manner.
- **Independence** is the ability to be self directed and free from emotional dependency on others.
- **Empathy** is recognizing, understanding, and appreciating how other people feel.
- **Self-Regard** is respecting oneself while understanding and accepting one's strengths and weaknesses.



## RESOURCES

Emotional Intelligence assessments are available online, scientifically researched, a benchmark indicator to a more effective outcome.

Explore more info at the link below, or contact us today to setup your assessment.

<https://www.darutherycentre.ca/eqpractitioner>



IT IS NICE TO BE NICE



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