Emotional Intelligence

Be Mindful of Your Emotions

We continue our series on boosting Emotional Intelligence (EI) by properly managing emotions, better handling stress, and adapting well to change. This issue focuses on being mindful of your emotions and how they affect both you and others.

Put a Name to a Feeling
Labeling your emotions may seem like a simple thing, but this can actually boost EI. When you can distinguish emotions, you can more effectively control them. This practice can also help you better communicate and empathize with others.

Think About Others
Another way to boost EI is to simply observe others’ emotions. Pay closer attention to how a person is feeling or reacting in certain situations. Focusing on feelings, rather than an argumentative topic, will help inform future interactions with that person.

Be Responsible for Your Feelings
Once you begin to distinguish your emotions, you must also take responsibility for them. Blaming others is a sign of low EI; while others’ actions can influence us, it is not their “fault” if we feel a certain way.

Consider Your Feelings
Being able to distinguish between emotions is important, but so is understanding why you feel them. Emotions aren’t necessarily good or bad, but they can be problematic, so it helps to know why you feel a certain way. Once you know the cause of an emotion, you can better address it.

Recognize Cause and Effect
Emotions influence judgment, for better or worse. Consider how your emotions affect your decision-making; try to control or curb your emotions if you feel your judgement is impaired.

Resolved?
According to U.S. News & World Report, 80 percent of our New Year’s resolutions fail. So, it helps to set yourself up for success when choosing a resolution. Choose a “SMART” goal—one that is specific, measurable, attainable, realistic, and timely—to increase the odds that you will stick to it. And, instead of a ‘quick fix’ goal, choose a resolution that will lead to an overall healthier lifestyle. You can do it!
January is National Blood Donor Month

Since 1970, National Blood Donor Month has been celebrated in January. Historically, the winter season is one of the most difficult times of the year to collect enough blood products and donations to meet patient needs. While “whole blood” donations are the most common, individuals can also make platelet, power red, and plasma donations. Donating is completely safe; the sterile needles and bags used to collect blood are used only once and then discarded.

Donated blood is used for blood transfusions in certain situations, including:

- Patients suffering from severe trauma following disasters and accidents
- Patients receiving surgical treatments and some medical treatments, including cancer patients and patients with sickle cell disease

Making the decision to donate blood can help save a life, but not everyone is eligible: in general, you must be healthy, weigh at least 110 pounds, and not have donated within the past 56 days. Pregnant women are not permitted to donate. If you recently traveled outside the United States, you will be asked a series of questions to determine eligibility. Visit the American Red Cross website to see if you meet the requirements to safely donate blood.

Healthy & Delicious
This Superfood May Help Prevent Diabetes

According to a four-year study, consuming legumes (e.g., beans, lentils, or peas) may help you prevent diabetes. The study tracked the health of over 3,300 patients who were at risk of developing Type 2 diabetes, and found that those who consumed the most legumes were 35 percent less likely to develop diabetes.

The weekly legume serving average varied between 3.35 servings and less than half a serving. The study found that those who ate just one serving per week were 33 percent less likely to develop Type 2 diabetes than those who consumed less than one serving per week.

There are about 16,000 types of legumes grown all over the world in all sizes, shapes, colors, and textures. They are low in fat, have zero cholesterol, and a serving offers the same amount of calcium as a glass of milk.

In addition to helping prevent Type 2 diabetes, legumes can help protect heart and brain health, lower blood pressure, promote a healthy weight, and reduce the risk of cancer.