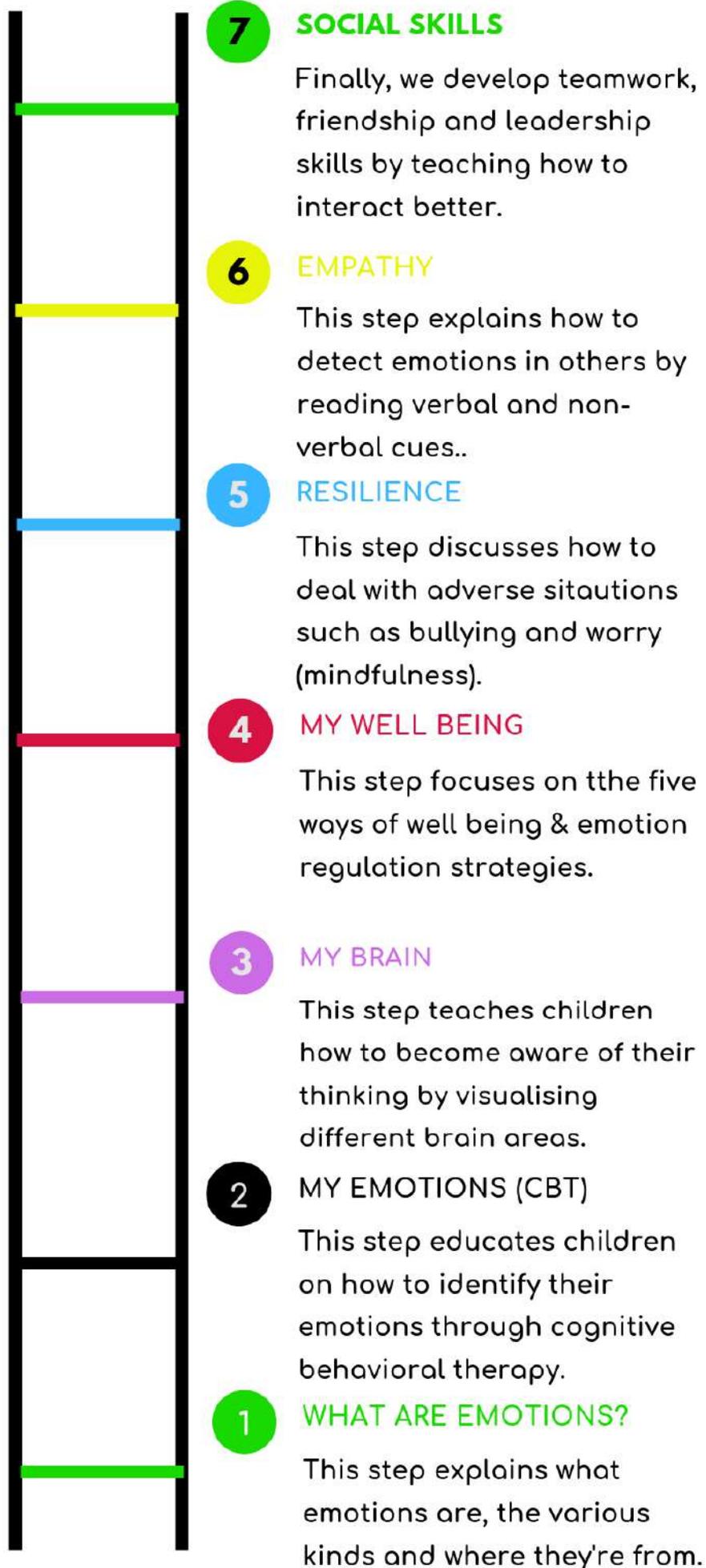


# THE 7 STEPS TO EMOTIONAL INTELLIGENCE



# The 7 Steps to Emotional Intelligence

**7** Social Skills

**6** Empathy

**5** Resilience

**4** My Well Being

**3** My Brain

**2** My Emotions

**1** What are Emotions?



**MOTUS**

LEARNING

# IDENTIFYING EMOTIONS

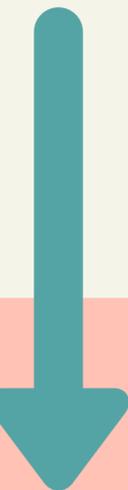


## SITUATIONS

We can't completely manage every single situation!

## BODY CHANGES

We can't completely manage how our body changes!



Helpful

Unhelpful

Helpful

Unhelpful



## BEHAVIOURS

And we can manage how we behave but it depends on how we think!

## THOUGHTS

But we can completely manage how we think after a situation.

# MANAGING EMOTIONS



# Superpower 1

I can manage how I feel by  
managing how I think

# The 3 Steps to Stop Emotional Hijacking



## 1) **S**top!

To allow the brain train to reach the thinking brain

## 2) Picture your **E**motional brain.

What are your emotions telling you?



## 3) Picture your **T**hinking brain.

If I do this, will it be helpful or unhelpful?

# THE 5 WAYS OF WELL BEING



## STAY CONNECTED

At home, work, school or community, connect with family, friends, neighbors, and colleagues. Think of these as the cornerstones of your life and invest your time in developing them. Building these connections will support and enrich you every day.

## STAY ACTIVE

Swap your inactive pursuits with active ones. Go for a walk. Step outside. Cycle. Play a game. Garden. Dance. Walk or cycle when making short journeys. Most importantly, discover a physical activity you enjoy that suits your level of mobility and fitness



## GIVE/GRATITUDE



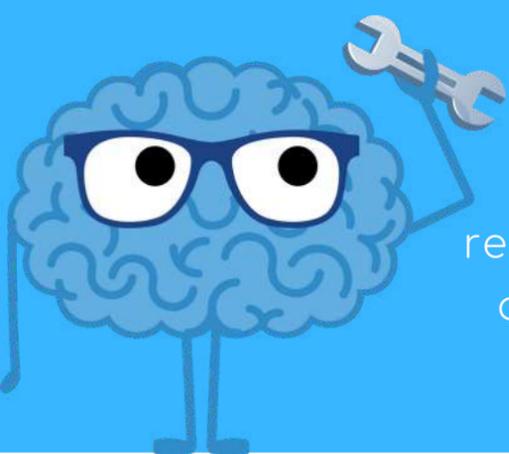
Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates more connections.

## TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Savour the moment, whether you are walking, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.



## LEARN



Try something new. Rediscover an old interest. Sign up to a course. Take on a different responsibility. Fix a bike. Learn a new instrument or try cooking. Set new challenges. Learning new things builds confidence and is fun.





**BE ACTIVE**



**KEEP LEARNING**



**Ways to**

**GIVE**



**TAKE NOTICE**



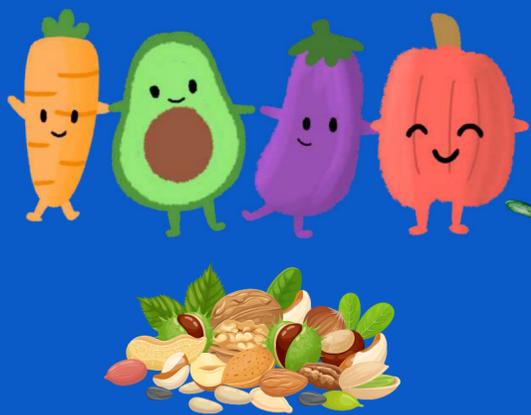
**Wellbeing**

**CONNECT**



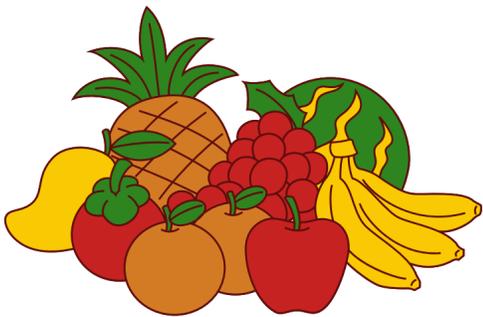
# The Mediterranean Diet





# THE MEDITERRANEAN DIET

## 1 Fruit



## 2 Vegetables



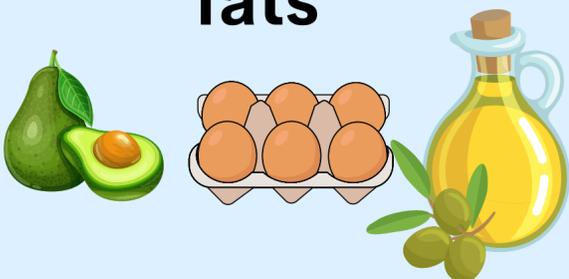
## 3 Wholegrains



Wholegrains help us digest our food, which keeps our stomachs happy.

Wholegrains include porridge, brown bread, brown rice and brown pasta.

## 4 Non-processed fats



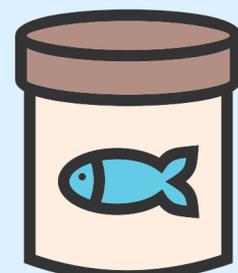
We need non-processed high-fat foods not made in factories such as olive oil, eggs, avocados and nuts and seeds.

## 5 Natural Yoghurt



Yoghurt contains probiotics, which are great for our gut health.

## 6 Fish



Fish contains omega-3, which is brain food and helps us learn!



# Sleep Tips



Routine! We should go to bed and wake up at the same time every day.



No technology in bed to avoid blue light



A hot shower two hours before bed is good to let your body temperature go up and then fall.

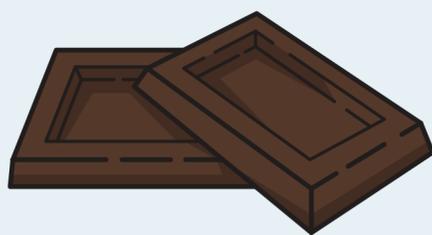


An hour of low stimulation relaxation before bed such as reading or listening to music



Don't do your homework right before you go to bed.

No caffeine (tea, coffee or chocolate) a few hours before bed.



We want a cooler body temperature when preparing for sleep. Therefore, hot water bottles are good for relaxation but not during sleep





# HOW WE DEAL WITH ANGER



**B**

r  
e  
a  
t  
h



**I**

c  
e



**E**

x  
e  
r  
c  
i  
s  
e





# Superpower2

I can focus on one thing through  
mindfulness



# Empathy



PUTTING  
YOURSELF IN  
SOMEONE  
ELSE'S SHOES.

# Feeling Lonely?

A ction

C hanges

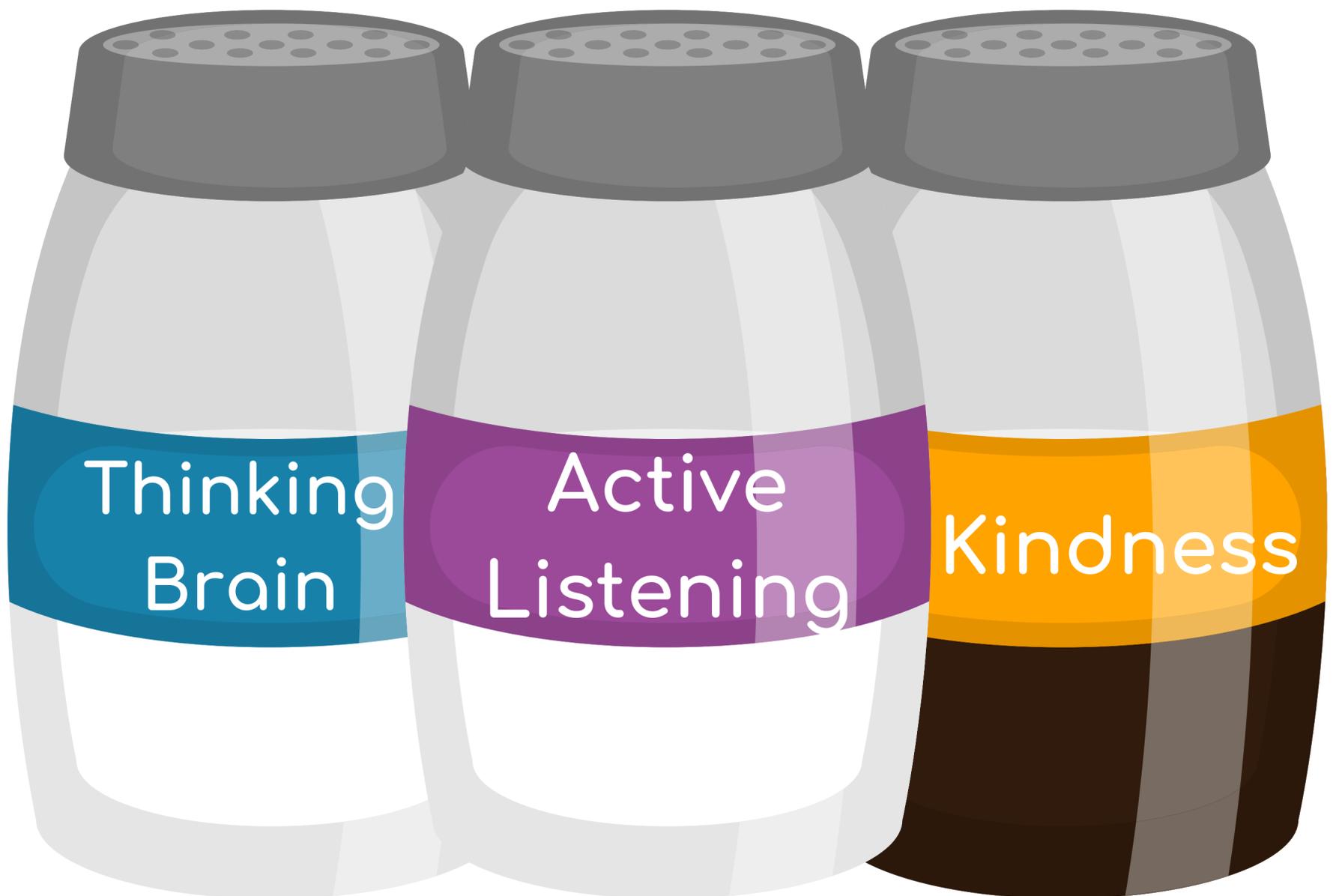
T hings



MOTUS  
LEARNING



# The Secret Recipe





# Superpower 3

I can help myself by helping others