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Emotional Intelligence: Why It's Important and How to Build It

We all experience moments when emotions take the lead—an argument that lingers in your mind, a stressful meeting that leaves you tense, or a conversation that suddenly feels harder than expected. These reactions are part of being human. What really matters is how we understand and respond to them.

That's where emotional intelligence comes in.

What is Emotional Intelligence?

Emotional intelligence, often called EQ, is the ability to recognize, understand, and manage emotions—both your own and those of others. It involves being aware of how you feel, expressing emotions in healthy ways, and tuning in to how others might be feeling too. The concept was first explored by psychologists Peter Salovey and John D. Mayer in the early 1990s and was later expanded and popularized by psychologist Daniel Goleman, who brought the concept to a wider audience.

Goleman identifies five key components of EQ:

- **Self-awareness:** Recognizing your own emotions and how they affect your behaviour.
- **Self-regulation:** Managing your emotions in healthy, constructive ways.
- **Motivation:** Using emotions to support your goals and perseverance.
- **Empathy:** Understanding and connecting with how others feel.
- **Social skills:** Communicating effectively, resolving conflicts, and building positive connections.

Together, these skills help us manage stress, strengthen communication, and build relationships rooted in understanding and respect. Unlike intelligence quotient (IQ)—a standardized measure of mental ability—which tends to remain stable throughout life, emotional intelligence can grow and evolve. With practice and reflection, anyone can strengthen these skills, regardless of age or experience.

Recognizing Emotional Intelligence in Action

EQ includes a wide range of abilities that can be learned and strengthened over time. Here are some everyday signs of people who show higher and lower emotional awareness:

People with lower EQ may:

- Struggle to express their feelings clearly.
- Feel easily misunderstood or frustrated.
- Get overwhelmed by strong emotions.
- Find it hard to stay calm or assertive during conflict.

People with higher EQ often:

- Understand how their emotions influence their actions.
- Stay composed and thoughtful in stressful situations.
- Communicate in ways that encourage teamwork and cooperation.
- Manage disagreements with empathy, tact, and respect.

Whether these traits come naturally or take time to develop, understanding where you are on the spectrum can help you focus on the areas that matter most.

The Importance of Emotional Intelligence

Developing emotional intelligence can have a deep impact on both personal and professional life. People with stronger EQ often find it easier to adapt to change, manage conflict, and maintain healthy boundaries. They tend to communicate more clearly, respond more thoughtfully, and recover more quickly from stress.

At work, EQ strengthens collaboration and teamwork. It helps us listen with care, express disagreement without hostility, and approach challenges with patience. At home, it builds trust and warmth in relationships, helping families connect more deeply, view disagreements with perspective, and support one another through difficult moments.

Being emotionally intelligent also means being open to feedback. Whether it comes from a friend, colleague, or family member, feedback helps us see how our emotions and reactions affect others. Listening without defensiveness and reflecting on what we hear can reveal valuable insights into our own growth. When we strengthen our EQ, we create space for a deeper understanding of ourselves and others in the environments we're part of.

Developing Self-Awareness

Every aspect of EQ begins with self-awareness. It means paying attention to your emotions as they arise, rather than letting them run in the background unnoticed.

When you feel a strong emotion—whether it's frustration, sadness, or excitement—try pausing and asking yourself:

- *What exactly am I feeling right now?*
- *What triggered this emotion?*
- *How is it influencing my thoughts or behaviour?*

You might notice patterns over time: perhaps you get anxious when deadlines are unclear, irritated when you feel unheard, or excited when you start a new project. Recognizing these emotional patterns helps you make intentional choices instead of automatic reactions.

Physical sensations also hold clues. Tight shoulders, a racing heart, or clenched jaw or hands can signal that tension is building up. Simply noticing these cues can help you pause and ground yourself before reacting. The more you understand what's happening inside you, the better equipped you are to respond thoughtfully to the world around you.

Learning to Self-Regulate

Self-regulation involves learning to manage emotions in ways that support your well-being and relationships. Everyone experiences moments of frustration or stress; what makes a difference is how we respond.

Here are a few ways to strengthen emotional balance:

- **Pause before reacting.** When you feel tense or upset, take a moment to breathe deeply or step away briefly before responding. This small gap helps you regain clarity.
- **Challenge unhelpful thoughts.** If you catch yourself thinking, "I can't handle this," try reframing it: "This is difficult, but I've faced challenges before."
- **Recognize your limits.** Rest, exercise, and boundaries are all forms of emotional regulation. Taking care of yourself strengthens your ability to stay calm and present.
- **Use grounding techniques.** Slow breathing, mindful walks, or short meditations help you settle your nervous system and re-centre your focus.

As these skills take root, they can help you respond with steadiness and confidence, even when emotions run high.

Understanding and Practicing Empathy

Empathy is the ability to understand how others feel, even if their experiences differ from ours. It's the bridge that connects people and transforms interactions from surface-level exchanges to meaningful connections.

Empathy starts with listening. When someone speaks, give them your full attention—without planning your response or rushing to offer advice. Often people don't need solutions; they just need to feel heard. Acknowledging what they're going through can bring comfort and validation.

Simple phrases like “That sounds difficult” or “I can see why you'd feel that way” show care and understanding. Even if you don't share the same perspective, empathy communicates that their feelings matter.

Practicing empathy also means showing compassion toward yourself. Many of us are kinder to others than we are to ourselves. Recognizing your own emotions with gentleness—especially when you're struggling—helps you recover faster and interact more compassionately with those around you.

Empathy doesn't require agreement; it requires presence. When we take time to see the world through another person's eyes, we strengthen relationships and foster trust.

Staying Motivated Through Emotion

Emotions influence how we stay motivated and engaged. Understanding this link helps you channel your energy in ways that align with your goals and values.

Here are a few ways to nurture motivation and keep your emotional energy moving in the right direction:

- **Connect to your purpose.** Remind yourself why your work or responsibilities matter—to you, to others, or to your broader sense of purpose.
- **Celebrate small wins.** Acknowledging progress keeps momentum going, especially when challenges arise.
- **Learn from setbacks.** Mistakes or disappointments can feel discouraging, but they often hold valuable lessons. Ask yourself what can be learned or done differently next time.
- **Lean on support.** Motivation grows when you feel encouraged and connected. Sharing goals with friends, family, or coworkers can help you stay accountable and inspired.

Motivation grows from consistency and purpose, the quiet drive to keep showing up even on harder days.

Strengthening Social Skills

Social skills tie all aspects of emotional intelligence together. They shape how we communicate, resolve conflict, and build relationships that last.

People with strong social skills:

- Communicate clearly and respectfully, even during disagreement.
- Listen actively and express appreciation for others' contributions.
- Recognize social cues, like tone and body language, and adjust accordingly.
- Manage tension through collaboration instead of competition.

Improving social skills takes practice. Try observing your own interactions—when do they go well, and when do they feel strained? Small adjustments, like pausing before responding or expressing gratitude more often, can have a big impact over time.

At work, strong social skills create smoother teamwork.

At home, they lead to more open, caring conversations.

Emotional Intelligence and Stress

High EQ can help prevent stress from becoming overwhelming. It enables you to recognize when tension is building and respond in ways that protect your mental and physical well-being.

People who use emotional intelligence to manage stress often:

- **Check in with themselves regularly.** Paying attention to shifting moods, sleep patterns, or concentration helps them recognize when stress is starting to take a toll.
- **Adjust expectations.** They give themselves permission to slow down, delegate, or simplify tasks when pressure mounts.
- **Seek connection rather than isolation.** Reaching out to trusted people — even briefly — helps ease emotional weight and restores perspective.
- **Practice intentional recovery.** Short breaks, laughter, creativity, or time outdoors all allow the body and mind to release tension and recharge.

Stress is a part of life, but emotional intelligence helps you manage it more effectively, preventing burnout and improving recovery after difficult periods.

Cultivating Emotional Intelligence in Everyday Life

Emotional intelligence is something we practice in countless small ways each day — when having a conversation, a kind gesture, or a moment of self-restraint when emotions run high. It quietly shapes how we relate to others and how we care for ourselves.

Being open about emotions helps build connection and trust. Saying something as simple as “I’m feeling a bit off today” or “That meeting left me drained” shows that emotions are normal and manageable. When we share honestly, it gives others permission to do the same, creating a sense of understanding and ease.

Empathy also grows through everyday gestures — asking how someone’s day is going, checking in on a friend who seems quiet, or recognizing someone’s effort, not just their results. These small moments of care make relationships feel supportive and safe.

Even conflict can lead to growth when handled with awareness. Taking responsibility, apologizing sincerely, and being willing to forgive help transform tension into learning. Emotional intelligence allows those difficult times to become opportunities for deeper respect and connection.

By practicing emotional intelligence in daily life — through mindfulness, patience, and compassion — we create spaces where people feel seen, valued, and at ease to be themselves.

Growing Emotional Intelligence Over Time

Building EQ is a lifelong process. Some seasons of life, such as starting a new job, facing uncertainty, or caring for loved ones, can challenge our emotional balance. In those times, awareness and self-compassion become powerful allies.

Reflect regularly on what you’re learning about yourself. Notice how your emotional responses evolve as you gain experience. Be open to feedback from others — it can reveal perspectives you might not see on your own.

You can also explore resources that support emotional growth, such as counselling, mindfulness activities, or personal development courses. Talking with a professional can help you recognize emotional patterns and build practical tools for self-regulation and communication. If you’re not sure where to begin, your Employee and Family Assistance Program (EFAP) offers free, confidential counselling and wellness resources to support your emotional well-being and personal growth.


Over time, these practices — including reaching out for help when you need it — strengthen not only your emotional awareness but also your sense of connection with yourself and the people around you.

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