



The  
**IGUANA Project**  
*Improving Education Together*

## Emotional Intelligence

Amongst many of these emotional intelligence competences there is considerable overlap. The message is often the same and is repeated over and over again!

MODULE	Emotional Intelligence
COMPETENCE AREA	Affective competences
SUB-MODULE	Anxiety Management
VERSION	2
DATE	May 2014

The **Emotional Intelligence Module** consists of four competence areas:

- **Intra-personal competences** – the personal competences that enable an individual to accurately assess their emotional intelligence and how this is likely to shape their relationship with the external world and with other people.
- **Inter-personal competences** - applying intra-personal competences to engaging with other people in meaningful and productive ways.
- **Adaptability** - the competences that enable an individual to manage themselves and their relationships with others in response to changing situations.
- **Affective competences** – the competences that shape how an individual assesses their mood and how they manage their mood in relation to behaviours and relationships.

There are three competences in each of these four competence areas.

This overview covers one of the competences in the Affective competences area: **Anxiety management**

# A BRIEF INTRODUCTION TO Anxiety management

# ANXIETY and Caring Too Much

- Flexibility.
- Working the old strategy harder.
- Workaholics
- It never feels good enough
- Anxiety.



But we need to be flexible, or find other strategies for coping. Working the old strategy harder is not the answer.

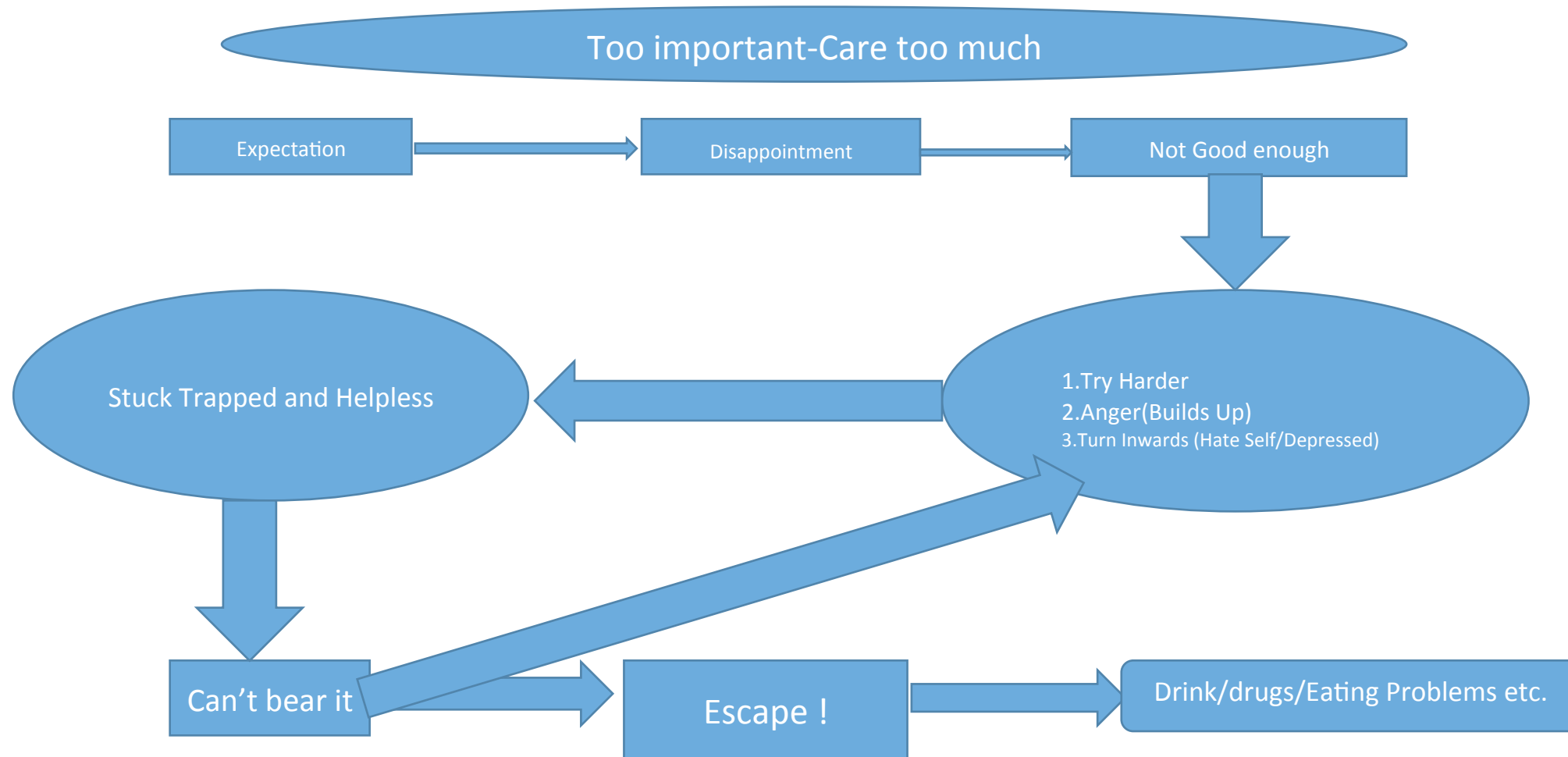
It never feels good enough and just adds to anxiety.

Workaholics: A person's wellbeing is dependent upon work which becomes a compulsive need. Again the dependency leads to increased anxiety.

Being negative is giving the wrong message to everyone including you. Not caring enough, usually, is not the problem. Caring too much will be a problem and made worse by being negative.

But what is the right level of caring? It varies, depending on the situation. Can you move up and down the spectrum of caring and not be stuck at one end or the other?

# ANXIETY and Caring Too Much



# ANXIETY and Caring Too Much

- The strategies serve us well.
- Biggest strength/Biggest weakness
- Nervous breakdown





Nervous breakdown:- Not a nerve in the body which breaks down but the strategy for coping breaks down, creating huge anxiety and severe symptoms.

The strategies go back a long way and in some ways have served us well.

Accept the limitations. Yours, others and the situation. But especially your control. Everyone has them.

Experiment with it; see if you can bear to change your attitude.

“My concept of responsibility gets me into trouble.”

Feeling guilty that things are not perfect. Risk the middle ground. Be aware and understand the issue and accept it and choose to respond differently.

# ANXIETY and Caring Too Much

Accept the limitations.

Feeling guilty that things are not perfect.

Risk the middle ground.



# Further Resources

[http://www.youtube.com/watch?v=\\_Cr7lomSy8s](http://www.youtube.com/watch?v=_Cr7lomSy8s)

Synonyms

<http://thesaurus.com/browse/anxiety>

QUOTES

<http://www.goodreads.com/quotes/tag/anxiety>

BOOKS

How to Master Anxiety: All You Need to Know to Overcome Stress, Panic Attacks, Trauma, Phobias, Obsessions and More (Human Givens Approach) Joe Griffin , Ivan Tyrrell

Overcoming Anxiety: A Self-Help Guide Using Cognitive Behavioral Techniques Helen Kennerley

More extensive test

[http://www.queendom.com/tests/access\\_page/index.htm?idRegTest=671](http://www.queendom.com/tests/access_page/index.htm?idRegTest=671)

Link

[http://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety-and-panic/?o=6272&gclid=CPW03\\_Wkt7wCFdHLtAodbnoA0A#.UqmY-vRdUsg](http://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety-and-panic/?o=6272&gclid=CPW03_Wkt7wCFdHLtAodbnoA0A#.UqmY-vRdUsg)

<http://www.nhs.uk/conditions/Anxiety/Pages/Introduction.aspx>

If you would like to learn more about this competence or any of the competence areas, why not visit the [IGUANA Open Learning Space](#) or return to the portal at <http://www.iguana-project.eu>