



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	Stress 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: **Stress management**

A BRIEF INTRODUCTION TO Stress management

Stress

Internal pressure, created by low self-esteem/
not feeling good enough

The negative manifestation of internal and/or
external pressure



Stress

Feeling Valued

Work Life Balance



If you are feeling a bit low but can't put your finger on why, a stress inventory is a great way to get an idea of what you have on your “emotional plate.”

- Feeling a bit flat and run down?
- Feeling unmotivated?
- What have you been dealing with on an emotional and mental level over the last 2 years?

If you are stressed ...

- what can you do to de-stress?
- who you can get support from?
- how you can increase your emotional inputs – the things that recharge and renew you?

Stuck, Trapped & Helpless

Chemical/ Biological /Hormonal

Agree. But how do you get out of it?

Physical

Psychological

Physical. Trauma

Chemical, biological, or hormonal imbalance

Psychological.

Past/Present.

Internal/ External.

Personal/Professional

Reduce Stress by Surrounding Yourself with Positive Energy

- Uplifting Music:
- Inspirational Books
- People
- Practice Affirmations



Negative self talk and negative energy can affect you in many ways and cause you additional stress. Because of this, developing more positive self talk is an important way to reduce stress in your life.

You can help yourself maintain a positive frame of mind—which will help with positive self-talk—by surrounding yourself with positive energy in your life. You can get that by adding the following elements to your life:

Uplifting Music: Listening to music that not only has a soothing melody, but an uplifting message, can be great for developing positive self-talk.

Have you ever had a song ‘stuck in your head’ for a few hours or days, the lyrics repeating themselves in your mind? If those lyrics were positive and inspirational, that would be a good thing.

It’s a much better mental soundtrack to have than a running stream of complaints, criticisms or self-limiting thoughts, or even songs that had more depressing or sad lyrics.

(When times get tough, I often think of Wilson Phillips’ classic, “Hold On”, but there are dozens of good ones out there.)

Inspirational Books: Books on strength, personal power, enlightenment, or self help can be good resources to help you change your outlook and the things you say to yourself. Rather than triggering habitual self-defeating thoughts, you can find yourself thinking of new can-do concepts when times get tough. (For shifting your paradigm, I love Gary Zukav’s “The Heart of the Soul”, or Sarah Ban Breathnach’s classic “Simple Abundance”.)

Positive People: One of the most important ways you can get (and keep) positive energy in your life is with the company you keep. Do your friends uplift you, or bring you down? Are they critical, or complementary? Ideal friendships provide support when you’re down, fun when you’re up, wisdom when you’re lost, and positive regard. Good friends can inspire you to reach greater heights, and see your strengths even when you don’t always. Pay attention to how your friends make you feel, and if they’re less than supportive, start putting your energy and time toward people who are better suited to be your friend. (For more on social support and friendships, see the Relationship Section.)

Practice Affirmations: Positive affirmations can subtly but pervasively change your self talk from negative to positive. See this article for some creative ways to begin working positive affirmations into your life.

Further Resources

<http://www.upworthy.com/a-whole-new-way-to-think-about-stress-that-changes-everything-weve-been-taught-2?g=2>

<http://www.youtube.com/watch?v=I6402QJp52M>

QUOTES

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

Article and Tests

http://www.mindtools.com/pages/article/newTCS_00.htm

BOOKS

Control Stress : Stop Worrying and Feel Good Now ! by Paul McKenna

Mindfulness for Health: A practical guide to relieving pain, reducing stress and restoring wellbeing by

Vidyamala Burch and Dr Danny Penman

LINKS

http://www.helpguide.org/mental/stress_signs.htm

<http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/understanding-stress.aspx>

http://www.mindtools.com/pages/main/newMN_TCS.htm

Do A Stress Inventory

If you are feeling a bit low but can't put your finger on why, a stress inventory is a great way to get an idea of what you have on your "emotional plate."

What have you been dealing with on an emotional and mental level over the last 2 years?

Include positive changes, e.g. A new job or house

- include changes in the lives of those people close to you, e.g. children, parents, etc.
- This list does not cover every situation, so feel free to add to them.

Give every event a score from 1-10.

+ denotes the event could score higher (e.g. Financial stress at 5+ could be 7) ++ denotes that the event could score much higher (e.g. Sick child at 4++ could be 9)

10 Terminal Illnesses 9+ Death of someone close 7++ Serious Illness / Hospitalization 7++ Divorce 7++ Job loss 6++ A child born 6++ Family / Relationship conflict or estrangement 6++ Sick / infirm dependents (including parents) 6++ Moving countries / state 6+ Parents into a retirement home 5++ End of relationship 5+ Moderate Illness 5 Conflict with friends 5+ Financial stress 5+ Moving house 5+ Chronic health issues / Mild depression 5+ A new significant relationship 4++ Sick child 4+ A pet dying 3+ Last child to leave home 2+ A new job / role 2 Holiday 1+ First child to leave home 1 A child starting school 1 A new pet 1 A new car / major possession 1 No exercise 1 Bad diet

Is Your Lifestyle Causing Your Undue Stress?

1/ Do You Exercise Regularly? Yes, about 5 times a week or more, for around 30 minutes or more each time! Yes, about 3 times per week for around 20 minutes each time. Yes, but only a little bit here and there. No, not really ever.

2/ How Much Caffeine Do You Consume Each Day?

Virtually None. I don't drink coffee, tea or cola, and hardly ever eat chocolate.

Only A Little. I have about a cup of coffee, tea or cola per day, or a moderate amount of chocolate.

Some. I have 2-3 cups of coffee, tea or cola each day, or quite a bit of chocolate.

A Lot. I have 4 or more cups of coffee, tea or cola. If I stopped drinking it, I would probably suffer withdrawal symptoms like headaches or intense cravings.

3/ How Much Sleep Do You Get Per Night, Or Combined With Naps? 8 or more hours Around 7 hours Around 6 hours

Less than 6 hours **4/ Do You Eat A Healthy, Balanced Diet?**

Yes; I'm careful to get the RDA of all food groups.

Sometimes; I could probably eat healthier, but I do eat some fruits and vegetables, and all the other food groups, each day.

Not really; I have a pretty poor diet with an excess of sugar and fat, and not enough fruits, grains and protein.

Not at all; I live on chips, cola, fast food, and other convenience food, and get almost no vegetables in my diet except the potatoes in fries and chips.

5/ Do You Have Anyone To Talk To About The Things In Your Life That Upset Or Stress You?

Yes, I have a very supportive network of people I can count on for emotional support and assistance if I need it.

Yes, I have one or two people in my life who really listen when I need to talk about something that's bothering me.

No, not really. I have some superficial friendships, which cheer me up when I'm down and provide companionship, but we don't talk about deeper feelings.

No, I really have no one to talk to about my feelings at all.

6/ Do You Have Conflicts With Others Very Often?

Hardly ever. I am able to maintain boundaries with people without causing hard feelings, and I try to respect other people's needs as well.

Sometimes I have disagreements with people in my life, but we normally work things out.

I have conflicts with lots of people I encounter, and sometimes friendships are lost.

I don't have many conflicts with people, but I think it's because I don't stand up for myself and ask for what I need. I'm afraid of making people upset with me, so I put their needs ahead of my own somewhat regularly.

7/ How Are You With Time Management?

Great. I'm always on time or early to appointments, don't take on more than I can handle, and I never have to rush.

Pretty Good. Sometimes I have to rush to make it on time to appointments, and have once or twice taken on more than I should, but that's rare for me.

Okay. I'm somewhat disorganized with time, but I make it work; I have to rush to make it on time to appointments (okay, sometimes I'm late), and I do sometimes take on more than I should.

Not Great. I could use some help with time management. I continually have to rush and am late much of the time, and I tend to take on more than I can handle pretty often.

8/ How Organized Are You?

Very. I have a place for everything, and everything's usually put away.

Pretty. I sometimes have to look for things, but I usually can find them pretty quickly.

Somewhat. Sometimes I have to scramble to find things, and I know I waste a significant amount of time searching for things in piles, but I do usually find them.

Not Very. I frequently misplace things and regularly pay bills late, miss appointments or never find things because I'm disorganized.

9/ Do You Feel Good About What You Do? (This Applies To The 'Work' Of Your Life, Whether It Is At A Job, At Home Caring For Children, As A Full-Time Student, Etc.)

Yes; it really fulfils me. Mostly; sometimes I get bored or frustrated with it, but usually enjoy what I do. Sort of; I do it because it's necessary, but don't always love it.

Not really; some days I dread waking up to go back to the same thing.

10/ How Balanced Is Your Lifestyle?

Balanced. My typical week includes a manageable amount of responsibilities, a good amount of time with loved ones, and at least one activity that 'feeds my soul'.

A Little Imbalanced. My typical week includes a little too much responsibility and not enough time with loved ones or time doing something that challenges and restores me, but I still have a little of everything.

Imbalanced. I carry too much responsibility and have almost no time to relax with loved ones or spend on myself.

Imbalanced. I don't have enough responsibility and feel completely unchallenged, (or my lifestyle differs dramatically from the other answers in a way that feels out of balance.)

11/ How Clean Is Your House?

My home is a clutter-free zone, a haven for relaxation.

I have a little clutter here and there, but nothing embarrassing.

My house is moderately messy unless I have someone coming over, in which case I clean.

Somebody needs to do an intervention; there's so much mess I try to avoid coming home if I want to relax, and I don't know where to begin cleaning.

12/ What Is Your Financial Situation Like?

Terrific! I have savings, a great credit rating, and don't want anything I can't afford.

Pretty Good. I have little or no money in savings, and my credit score could be higher, but I have enough money for what I need if I budget.

I'm Surviving. I don't have any savings, and am a little bit in debt. I sometimes worry about having enough to cover basic necessities, but I manage to make it work most of the time.

I'm In Trouble. I'm getting deeper in debt each month, and I don't know how to turn things around. I stress about it quite a bit.

13/ How's Your Sex Life?

Great! I couldn't ask for anything better!

Pretty Good. I wish it were a little more satisfying, but overall I can't complain.

Not Great. There are some major things I'd like to change (frequency, satisfaction, more desire, etc.), but it could be worse.

Pretty Bad. It's a real source of stress in my life/relationship.

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