

EMOTIONAL INTELLIGENCE

How to raise happy, healthy, and successful children

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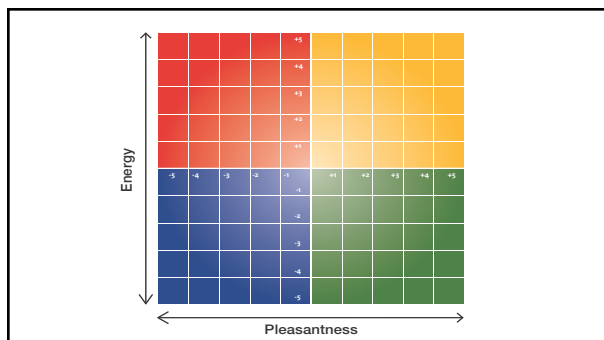
Yale Center for Emotional Intelligence

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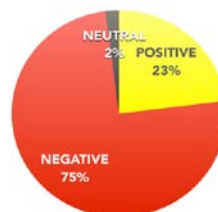
I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

”

MAYA ANGELOU



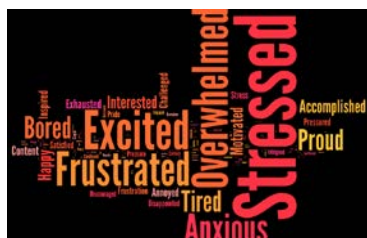
HOW H.S. STUDENTS FEEL EACH DAY



Top 3 Emotions:

- Tired
- Bored
- Stressed

HOW UNDERGRADUATES FEEL



HOW EDUCATORS ACROSS THE USA FEEL





THERE ARE TWO TYPES OF STRESS

GOOD STRESS (POSITIVE CHALLENGE)

- Motivates us
- Promotes well-being
- Enhances performance

BAD STRESS (NO RELIEF IN SIGHT)

- Makes us physically sick
- Weakens the immune system
- Impairs performance

EMOTIONS MATTER

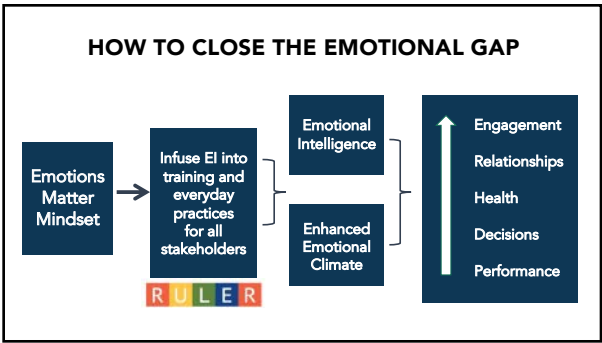
ATTENTION, MEMORY, AND LEARNING

DECISION MAKING

RELATIONSHIP QUALITY

PHYSICAL AND MENTAL HEALTH

EVERYDAY EFFECTIVENESS



EMOTIONAL INTELLIGENCE

RECOGNIZING EMOTION

UNDERSTANDING EMOTION

LABELING EMOTION

EXPRESSING EMOTION

REGULATING EMOTION

RECOGNIZING EMOTION

Identifying emotion in oneself and others by interpreting facial expressions, body language, vocal tones, and physiology

UNDERSTANDING EMOTION

Knowing the causes and consequences of emotions, including the influence of different emotions on thinking, learning, decisions, and behavior



LABELING EMOTION

Having and using a sophisticated vocabulary to describe the full range of emotions



EXPRESSING EMOTION

Knowing how and when to express emotions with different people and in multiple contexts

Influences:

- Temperament/personality
- Gender, role, power
- Social norms (family/work)
- Culture (display rules)



REGULATING EMOTION

The "thoughts" and "actions" we use to prevent, reduce, initiate, maintain, our enhance own (and others') emotions



MASTER STRATEGIES

Breathing, Mindfulness/Self-Reflection

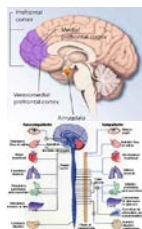
- Are you breathing and checking in?

Positive Self-Talk and Reappraisal

- Are you paying attention to your inner dialogue?

Self-Care

- Are you: Hydrated, moving (exercise!), eating healthy, sleeping enough hours, and building and maintaining positive relationships?



MEASURING EMOTIONAL INTELLIGENCE

- Self-knowledge is limited, particularly in the domain of emotional intelligence.
- Our current focus is on performance assessments of EI



EI AMONG YOUTH PREDICTS...

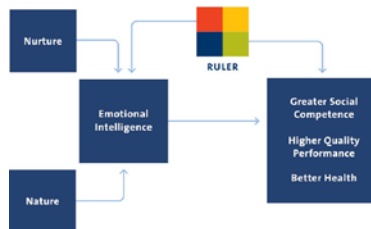
LOWER IN EI

- Conduct problems
- Aggressive behavior
- Hyperactivity/attention problems
- Risky sexual behavior
- Substance abuse
- Social deviance
- Anxiety/depression

HIGHER IN EI

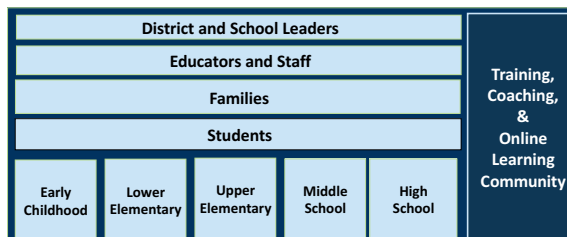
- Empathy
- Well-being
- Quality relationships
- Prosocial behavior
- Satisfaction with school
- Leadership skills
- Academic achievement

HOW DOES EI DEVELOP?

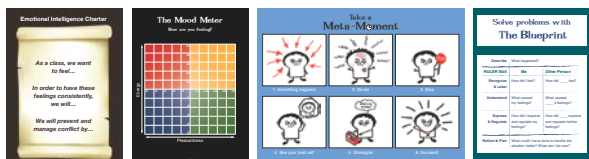


Our Center's evidence-based approach to social and emotional learning (SEL)

RULER = EI INTO THE IMMUNE SYSTEM

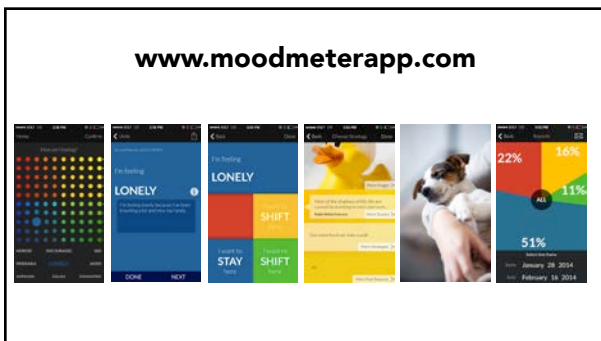
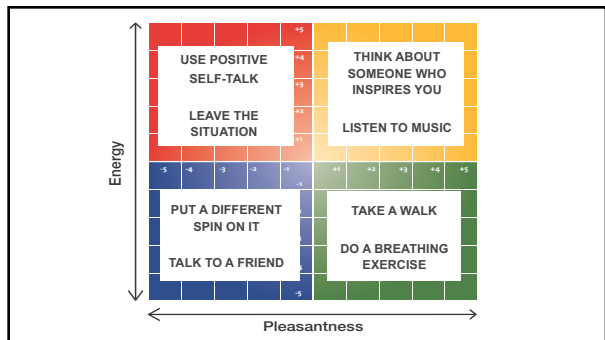
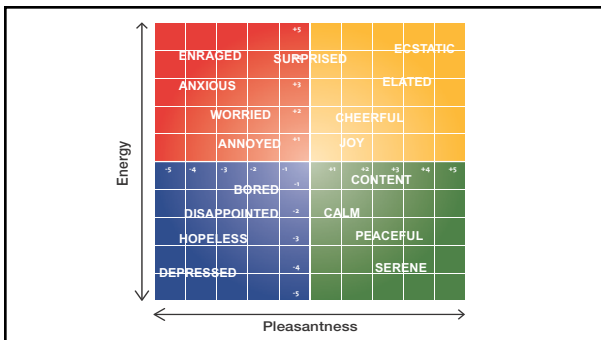
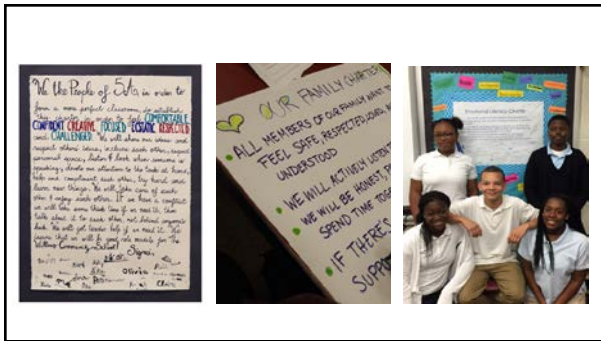


ANCHORS OF EMOTIONAL INTELLIGENCE



TOO MANY RULES, NOT ENOUGH FEELINGS!





“ Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom. ”

VIKTOR E. FRANKL



META-MOMENT

- **Key questions for Parents:**
 - What are my triggers?
 - How can I activate my *best self* when triggered?
 - What effective strategies can I use to manage my emotions?
- **Ultimately, the question is:**
 - How can I parent through the lens of my *best self*?

RULER MAKES A DIFFERENCE

Students:

- Less anxious and depressed
- More developed emotional skills
- Fewer attention problems
- Better academic performance
- Greater leadership skills

Teachers:

- More engaging, supportive, and effective

Classrooms/Schools:

- More positive climates and less bullying

EMOTIONAL INTELLIGENCE GOES TO COLLEGE

"This class gave me a sense of waking up from a long dream. I had this feeling of not actually being alive or 'here' for many years and now I feel that I am out of my slumber. If I had to describe the way I saw my life in colors, before it would be a pale gray and now it would be a bright white. Almost as if I had a new blank canvas to put vibrant colors on, this workshop taught me that one can improve and detoxify oneself through putting attention and awareness on one of the most basic principles of living."

IT'S TIME FOR AN EMOTION REVOLUTION

- Emotions Matter
- Emotional Intelligence is real
- It's never too early or too late to develop EI
- Children are "wired for good" – it's our job as parents to either nurture or neglect our children's emotional development
- There are tools to develop EI and enhance school climate
- Infusing EI into your home can help us to create a healthier and more productive and compassionate society

THANK YOU

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