

Mental Health Monthly

March 2024

The monthly newsletter to help you fortify your mental wellness.



A note from the Editor

It is finally spring, bringing signs of new growth all around us (yah for more Vitamin D)! With a bit more energy and all the possibilities of summer just around the corner, tuning into our own growth is the most exciting of all! In terms of mental wellness, it is all about emotional intelligence.

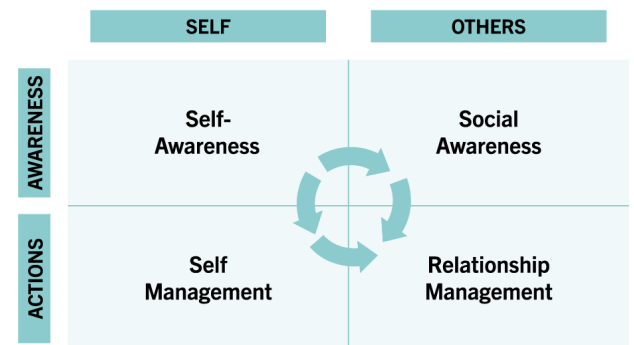
The American Psychological Association defines emotions as conscious mental reactions (such as anger or fear) subjectively experienced as strong feelings usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body. Emotions are the raw data that give us information about other people, about our environment, and about ourselves. Emotional Intelligence (EI), a term coined in 1990 by researchers John Mayer, Peter Salovey, and psychologist Daniel Goleman, refers to the ability to recognize the meanings of emotions and to reason and problem-solve based on them (Mayer, Caruso, & Salovey, 1999). The four main components of EI include self-awareness, self-management (emotion regulation), social awareness (empathy), and relationship management (social skills). Having a high degree of EI is imperative for navigating relationships, coping with stress, and making one's best decisions in life. According to a 2011 Career Builder study, 71 percent of employers say they value EI over IQ and 61 percent of employers are more likely to promote workers with high EI over candidates with high IQ.

So, as you stop to smell the roses this spring, take a moment to tune into your mind and into your body. Gather all of the information your emotions have to offer you. Tune into the next series of newsletters to help guide you towards using them effectively.

-Erin Barber, LMHC

Mayer, J. D., Caruso, D. R., & Salovey, P. (1999). Emotional intelligence meets traditional standards for an intelligence. *Intelligence*, 27 (4), 267-298.

4 Core Competencies of Emotional Intelligence



A visual representation of the 4 components of EI, according to Harvard Business School, 2019.

"Care for your psyche... know thyself, for once we know ourselves, we may learn how to care for ourselves."

Socrates

Dear Erin,

Have an issue and want some feedback from the therapist? Look for a thoughtful response in an upcoming newsletter when you submit your question to: erinbarberlmhc@gmail.com

Upcoming Events

NAMI Walks Greater Orlando
April 27, 2024,
Cranes Roost Park, Altamonte Springs, FL

Mental Health First Aid Class
April 20, 2024 9am-3:30pm
The Emerson Center
27th Avenue, Vero Beach, FL



What does that even mean?

There are 4 main components of Goleman's Emotional Intelligence competency model, and we will elaborate on each one in upcoming newsletters.

Self-awareness refers to the ability to understand your strengths and weaknesses, to recognize and name your emotions, and to understand their effects on you and your relationships.

Self-management is all about regulating emotions, especially in stressful situations, and being able to quickly move from reacting, which is automatic, to responding thoughtfully.

Social awareness refers to your ability to recognize and understand other people's emotions and perspectives through an empathic stance, as well as the dynamics in play.

Relationship management includes your response to your social awareness and the ability to influence, collaborate, and resolve conflict effectively.

Noteworthy Clinicians Spotlight

Dr. Julie Smith is a clinical psychologist in the UK with over 10 years of experience working as a practitioner and for the National Health Service. She is a #1 best selling author and one of the first to share with others her psychological knowledge and insight on social media platforms. Dr. Julie's informational videos can be found on YouTube, TikTok, Instagram, and Facebook.
<https://www.drjulie.uk/>

Resources

[Why has nobody told me this before? By Dr. Julie Smith](#)

[Emotional Intelligence: Why it can matter more than IQ. By Daniel Goleman](#)

[Free Emotional Intelligence Self-Assessment created by the Global Leadership Foundation](#)