Our Emotional Intelligence (EI) is made up of four domains: Self Awareness, Self Management, Social Awareness and Relationship Management. We can build and sustain our EI in each of these areas by increasing our resilience in response to stress.

**Individual Activity Worksheet: Building Resilience through Self and Social Awareness**

In the space below, list all of the current stressors (big and small), in your life.

Answer the questions below, in relation to the stressor that you’ve circled.

<table>
<thead>
<tr>
<th>What thoughts (self-talk) do you have in relation to this stressor?</th>
<th>What emotions do you experience in relation to this stressor?</th>
<th>What physical reactions do you have in relation to this stressor?</th>
<th>What behaviors do you demonstrate in reaction to this stressor?</th>
</tr>
</thead>
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</table>
Individual Activity Worksheet: Build Resilience through Self-Management and Relationship Management, by Leveraging your Control and Influence…

<table>
<thead>
<tr>
<th>Knowing that the only thing I can really control in most situations is myself (that is, my perceptions and behaviors), what internal behaviors can I control to help neutralize my stress reaction in this stress situation? What will I do?</th>
<th>What might I be able to do to influence this situation in a way that may lower my stress level?</th>
</tr>
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</table>
ADDITIONAL RESOURCES

Listed below are some of the resources on today’s topics that I’ve found to be useful and practical.

**Books**

**Emotional Intelligence**
- *Put Emotional Intelligence to Work…Equip Yourself for Success* by Jeff Feldman and Karl Mulle
- *Emotional Intelligence* by Daniel Goleman
- *Working With Emotional Intelligence* by Daniel Goleman
- *Focus, The Hidden Driver of Excellence* by Daniel Goleman
- *Emotional Intelligence 2.0* by Travis Bradberry and Jean Greaves
- *The Emotional Intelligence Quick Book* (includes an on-line evaluation of your EQ) by Travis Bradberry and Jean Greaves

**Resilience and Stress Management**
- *Emotional Resilience: Simple Truths for Dealing with the Unfinished Business of Your Past* by David Viscott M.D.
- *Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life* by Susan David
- *Emotional Habits: The 7 Things Resilient People Do Differently (And How They Can Help You Succeed in Business and Life)* by Akash Karia
- *The Relaxation Response* by Herbert Benson, MD
- *Beyond the Relaxation Response* by Herbert Benson, MD
- *The Mayo Clinic Guide to Stress-Free Living* by Amit Sood
- *How to Stop Worrying and Start Living* by Dale Carnegie
- *The End of Stress: Four Steps to Rewire Your Brain* by Don Joseph Goewey
- *Overworked and Overwhelmed (the Mindfulness Alternative)* by Scott Eblin

**On-line Resources**
- *How to Make Stress Your Friend* by Kelly McGonigal on Ted Talks at [www.ted.com](http://www.ted.com)
- *Dr. Herbert Benson on the Mind/Body Connection.* Brainworld Ezine
- *Six Seconds website…*[http://www.6seconds.org](http://www.6seconds.org)
- *Information specific to EQ and Stress* at [http://www.6seconds.org/?s=eq+and+stress](http://www.6seconds.org/?s=eq+and+stress)
- *Emotional Intelligence (EQ) Key Skills for Raising Emotional Intelligence.* HelpGuide.org
  - [http://www.helpguide.org/articles/emotional-health/emotional-intelligence-eq.htm](http://www.helpguide.org/articles/emotional-health/emotional-intelligence-eq.htm)
- *You Tube videos/TED Talks* by both Daniel Goleman and Scott Eblin
- *…and, of course, there’s are several other videos on YouTube on related topics (viewer discretion advised, as some are very good and others…well, I’ll leave it to you.)*
- *There are also several mindfulness and meditation apps for smart phones.*

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**Thank you for attending today’s presentation.** The material presented today is taken from our longer workshops that contain additional information and techniques on gaining and sustaining resilience in the face of personal and/or professional stressors.

If you would like more information on these or other workshops/classes, or would like a copy of the informational slides of today’s presentation, please contact me at:

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