

EMOTIONAL INTELLIGENCE

A HELP FOR LEADERS E-COURSE - VIDEO 2



VIDEO 2 : HOW IS EQ MEASURED?



THE AMYGDALA

Let's start with the Amygdala - it's located close to our spinal cord and it's the area of the brain our reactions come from. It's part of our limbic system. We react when we're sad, frustrated, happy - all of the emotions we experience come from the Amygdala. Think of it like a computer chip - that "chip" holds all of our emotional memory.

It's the part of the brain that answers the one critical question about survival. Do you know what it is?

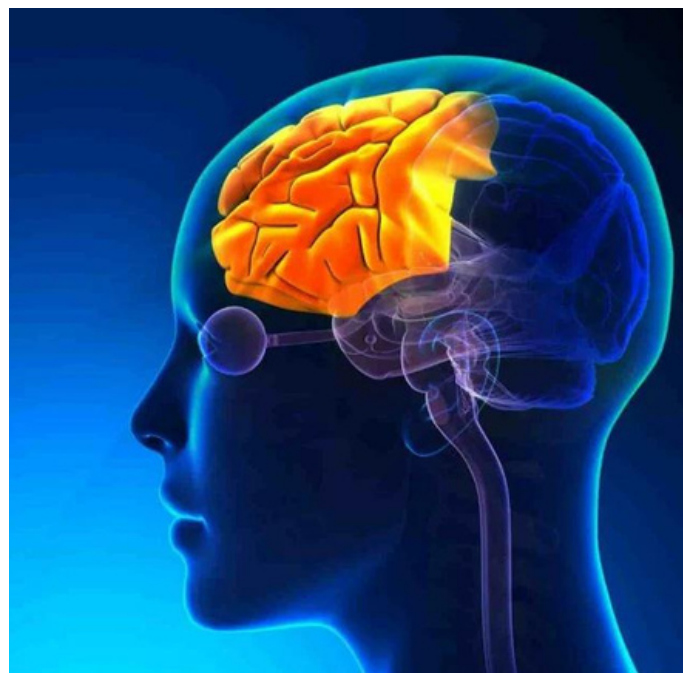
FIGHT OR FLIGHT

The Amygdala is the part of the brain that makes you think, "I'm in trouble" when you're deciding to Fight or Flight. It actually releases chemicals (Adrenalin and Cortisol) that cascade through your body and it also releases chemicals in your brain to reduce your working memory. It stops your ability to have a complex thought.

Have you ever been so emotional that you may have said or thought, “I’m so mad I can’t think straight?” Well, it’s the Amygdala that causes that reaction.

PREFRONTAL CROTEX

The other part of the brain you need to understand is the Prefrontal Cortex – which is where our Rational Thinking comes from. It’s the part of the brain that allows us to think logically and contains our working memory. The Prefrontal Cortex is the part of the brain we use after we’ve had our emotional reaction.



WE FEEL BEFORE WE THINK

If you remember only 1 thing about EQ, remember: We feel before we think. Emotions come before we think and the good news is we can learn to manage those emotions!

NEGATIVE EVENTS AND INTERACTIONS

As we experience negative events and interactions, chemicals are released into our bloodstream. Take a look at the list of experiences below and reflect on what they make you feel...

- Traffic
- Argument
- Technology problems



- Downturn in the market
- Heated telephone call
- Sickness (yourself or a loved one)

When we are under stress and experiencing negative events and interactions, not only do we have a physiological response but we also:

- Have decreased cognitive performance - we aren't thinking clearly
- Have less oxygen available for critical brain function
- Respond with defensive action
- Perceive small stressors as worse than they actually are
- Are easily aggravated
- Cannot perform at our best

The inverse can also happen in our bodies when we experience positive events and interactions. Endorphins are released which are the body's natural feel-good chemicals. In this state we most likely will have a logical response (always the best) and are working with a higher EQ. Here are some examples of ways to increase your dopamine levels.

- Laughter - it really is medicine
- Smiling
- Encouragement
- Meditation
- Physical touch
- Thanking someone



Understanding the brain science around EQ is very important to developing self-awareness and helping regulate emotions.



Stacey Harris
President of Leadership
Resources and Consulting



1-800-746-1656



info@disc-report.com



www.disc-report.com



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