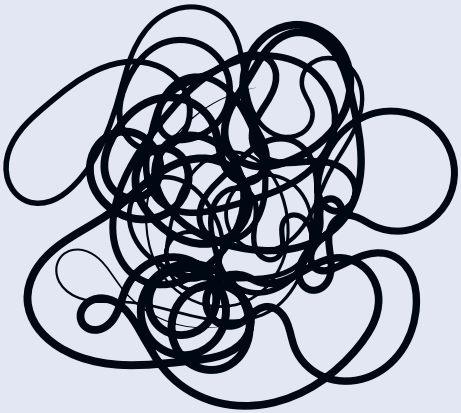


Emotional Intelligence 101

The Concrete Jungle



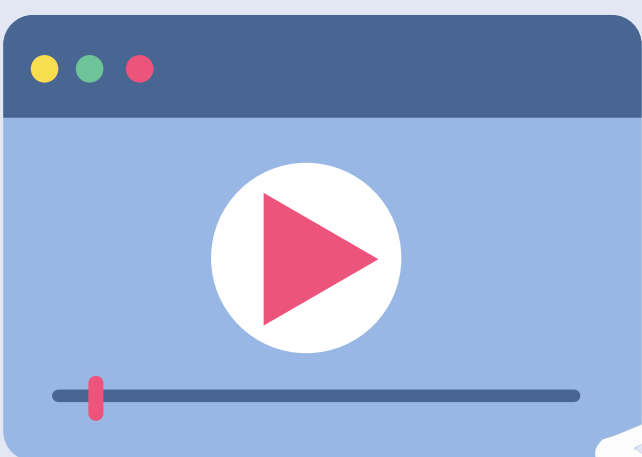
How we react to stressors in the workplace often impacts our ability to make effective decisions, solve complex problems, and form positive relationships.

Why? Our acute stress response activates when there is a nearby threat, no matter if that threat is an angry coworker or an important presentation. Thanks, sympathetic nervous system.



So? This evolutionary response impairs our executive functioning skills and often leads to negative social behaviors, such as blaming others, acting defensively, or forming inaccurate assumptions.

So?? If there is a perceived company-wide threat, the fight, flight, or freeze response happens collectively and can lead to a negative company culture. Check out this article to learn more:



Try these strategies to activate your parasympathetic system (your body's chill switch):

1. Peripheral Survey
2. Valsalva Maneuver
3. Big Yawns