

# 3 Ways to **EI** Improve Your (Emotional Intelligence)

## Respond Instead of Reacting

Reacting is something you do unconsciously when faced with an emotional trigger. Responding is a conscious behavior— you notice how you feel in response to an emotional trigger and then decide how you want to react.

## Practice Empathy

Empathy is the ability to understand and share the feelings of another. Eliminate snap judgments and try to put yourself in someone's shoes to see where they are coming from. Think of a time where you behaved similarly, and examine why.

## Listen to Your Body

Has something ever caused your heart to race or put a knot in your stomach? These are messages from your body, and it's important to listen to them. Pay attention to how you feel in different situations. Decide what those feelings mean so that you can respond appropriately.