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Go Suck a Lemon: Strategies for Improving Your Emotional Intelligence

Track 1 Session 4

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Abstract

Emotional responses are a significant part of how we are viewed and how effective we are. They are usually thought to be unalterable, like a behavioral finger print. This doctor visit, however, will explain how to deconstruct and reshape them so you can become more informed, increasingly capable and far more emotionally self-reliant. Instead of being your own worst enemy, you will become your own best friend - your own therapist. *Bring your own couch.*

Agenda

- **This short seminar will introduce attendees to the origin, use, and management of emotion**
 - Attendees will be more capable of identifying the source and content of emotion
 - Attendees will learn how thought contributes to emotional expression and that emotion, like thought, can be modified resulting in improved emotional and physical health
 - Attendees will learn methods for improving emotional intelligence through active skill building
 - Thought modification, rationality testing and techniques for reducing stress
- **Key Takeaways**
- **Conference Cloud**
- **Questions**

What is Emotion?

- **Emotion is the result of thought**
- **Thought is a reflection of perception and meaning**
 - Perception and meaning are by-products of experience
 - Over the course of our lives we learn how to perceive and apply meaning to the events we experience
 - ▶ We learn to think about ourselves, others and the world in which we live
 - We typically express the same or similar emotional response to the events we experience, giving strength to our existing beliefs

What is Emotional Intelligence?

- **The recognition that:**
 - Thought produces emotion
 - Thought impacts both our minds and our bodies
 - There is always an emotional and physical corollary
 - Improvement in our emotional health will require a modification in how we perceive ourselves, others and the world and to learn to think and behave differently
 - Because our thoughts are under our own control, if we can change our thinking we can change our emotions

Go Suck a Lemon

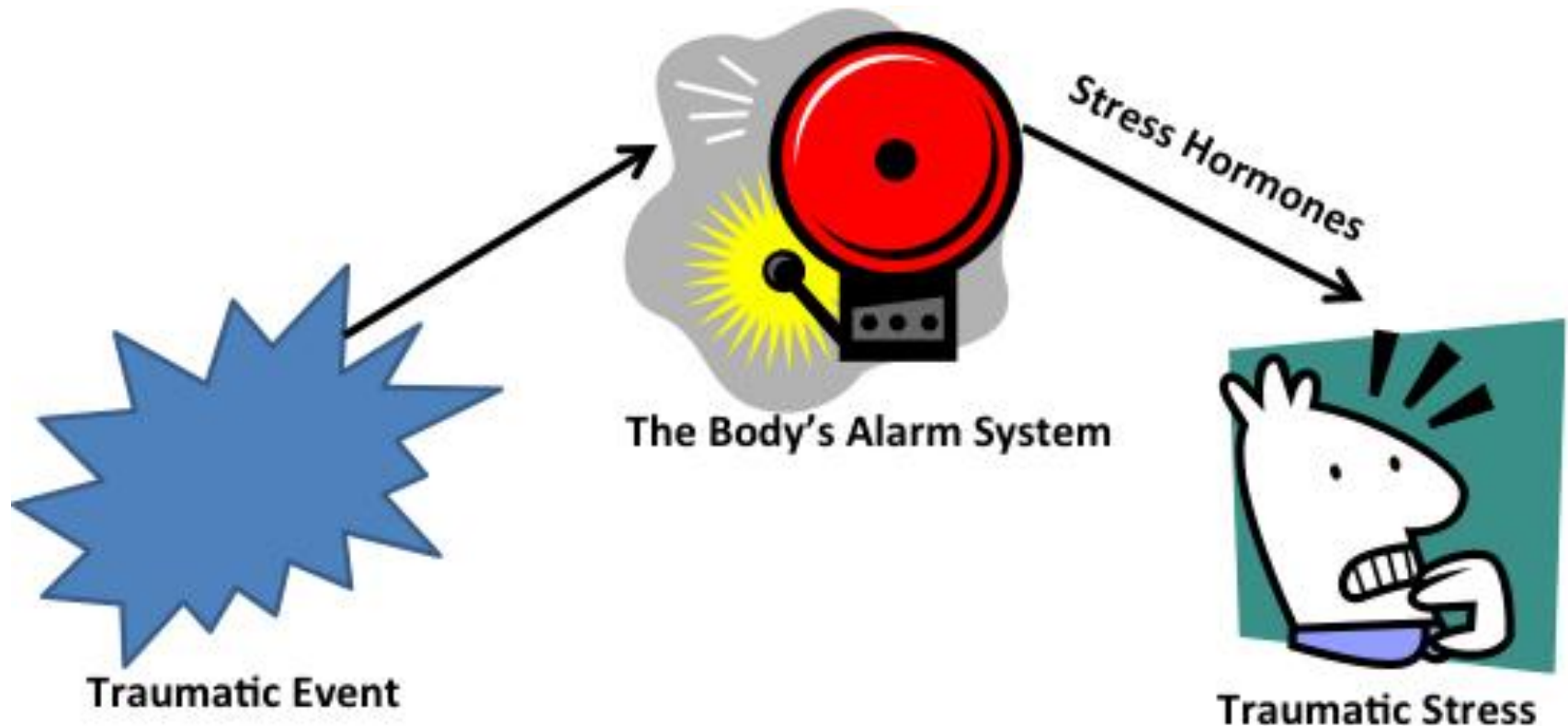


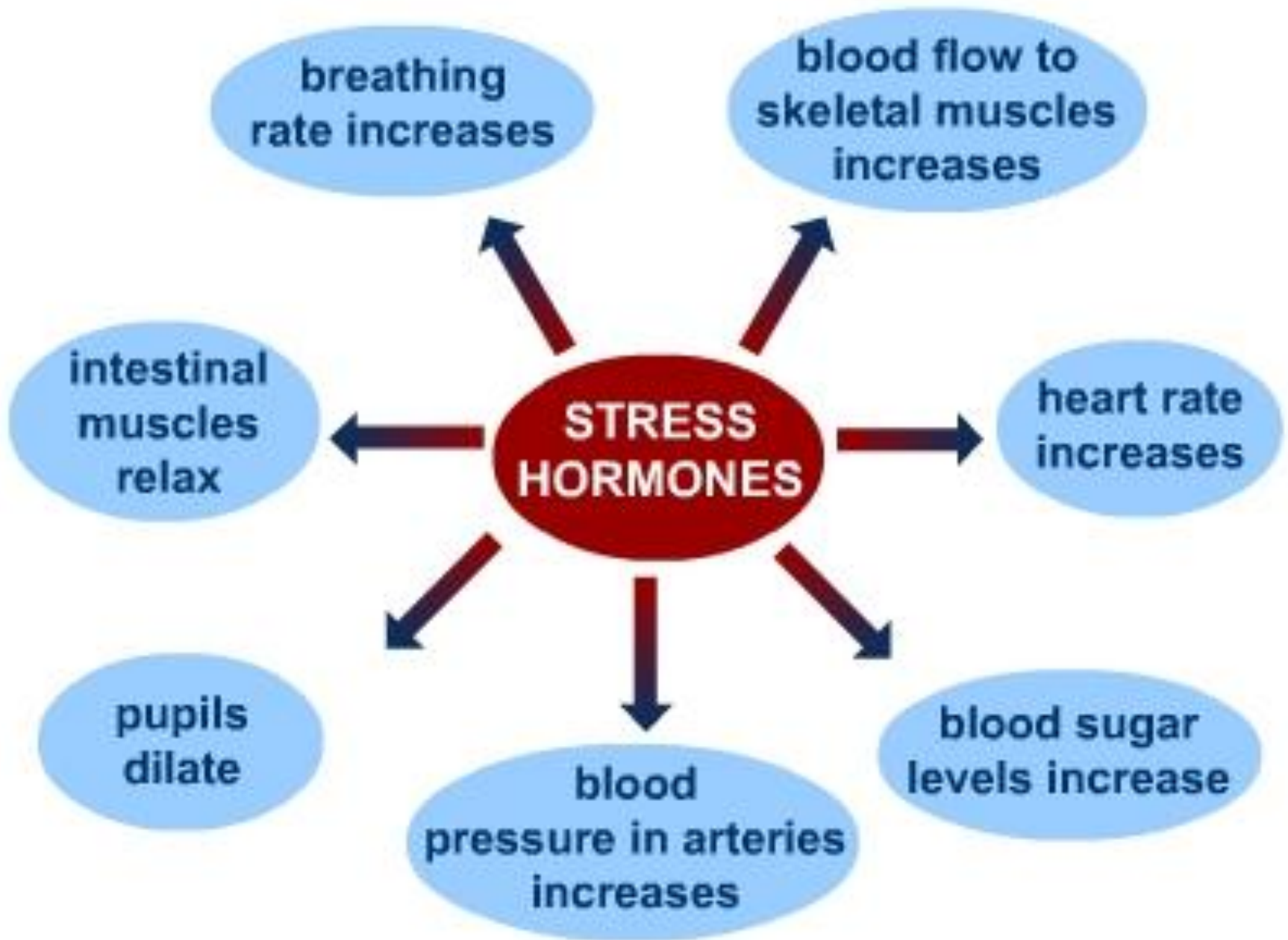
- **Thought alone can produce a chemical reaction in the body**
 - Autonomic nervous response
 - A conditioned reflex
 - Brains are programmed to make our mouth go watery to combat the rise in acidity

Thought can impact every cell in your body

- **Thinking about threatening events induces the fight-or – flight-or-freeze response**
- **Signaling the production of stress hormones that can inhibit rational thought**
- **The Endocrine System produces:**
 - Adrenaline
 - Histamines
 - Epinephrine
 - Cortisol
- **State of Stress**
- **Chronic Stress**
 - Sickness, obesity
- **Adrenal Exhaustion**

The Autonomic (Automatic) Nervous Response





Positive

Brief increases in heart rate,
mild elevations in stress hormone levels.

Tolerable

Serious, temporary stress responses,
buffered by supportive relationships.

Toxic

Prolonged activation of stress response systems
in the absence of protective relationships.

How can we improve our Emotional Intelligence?

- **You will first have to assess your need for improvement**
 - Is your Emotional Intelligence in need of improvement?
- **If the answer is Yes, you can improve your Emotional Intelligence by:**
 - Harnessing the stress response
 - Evaluating your beliefs and how you impose them on yourself and others
 - Should, ought, must, have to and need
 - Assessing the value of keeping your current belief system, modifying some aspect of it, broadening it or eliminating all or parts of it
 - Dedicating yourself to a lifetime of review and evaluation

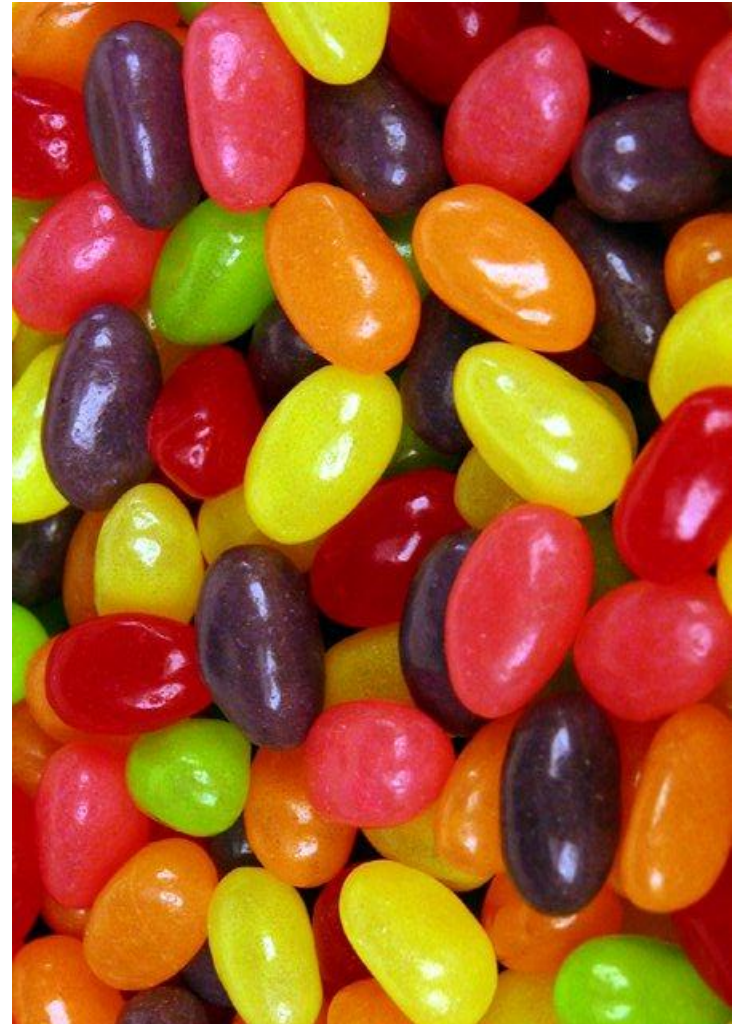
Manageable Emotions vs. Unmanageable Emotions

- **In order to change the way we respond to events, we must learn to think differently**
 - Not every emotion is worthy of this level of scrutiny
 - Life will always provide us with some level of challenge
 - Time and distance normally takes care of those problems
 - When we endeavor to improve our emotional intelligence, we often begin by focusing our attention on those emotions that are unmanageable
 - ▶ Smaller emotional issues can be evaluated in the same way
 - It is the unmanageable issues, however, that will need our fullest attention and dedication to improvement

The ABCs of Emotional Problem Solving

- **A = the activating event**
- **B = the belief we have in relation to the activating event**
- **C = the emotional consequence we have in relation to the belief**
- **D = the disputation**
- **E = the emotional evolution**

Suck a Lemon / Taste a Jelly Bean



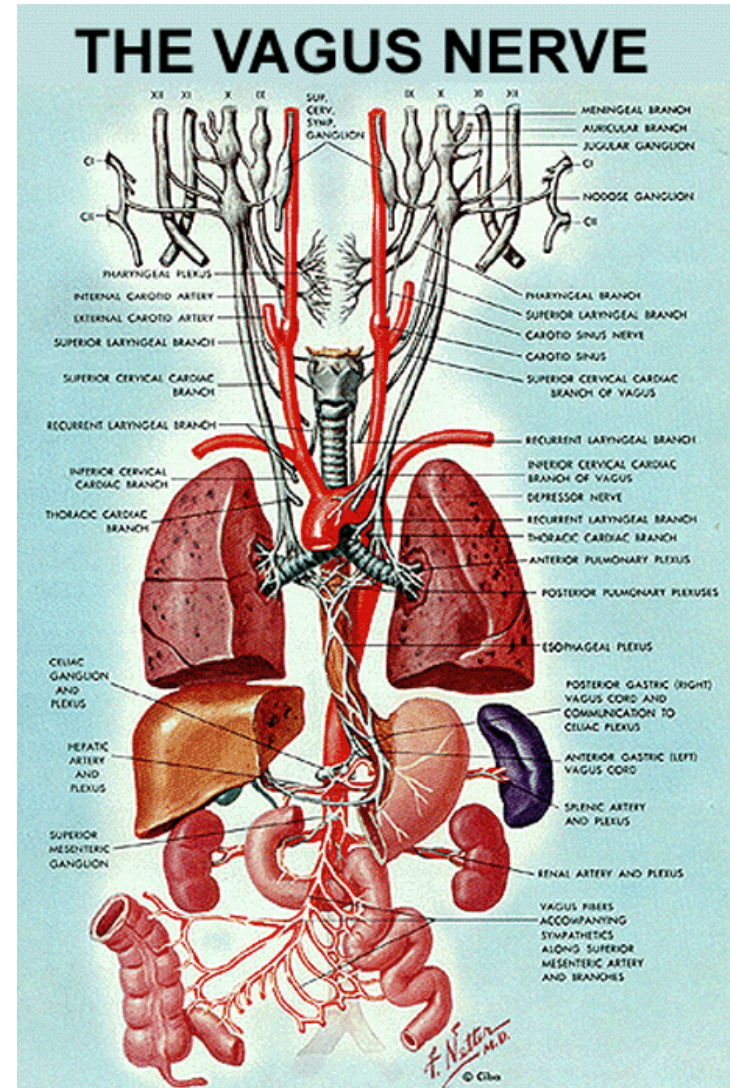
Skills Building

- **In order to mediate the stress response, we must actively take control of the flow of stress hormones into our bodies**
 - The Vagus Nerve
 - Tapping
 - Self-induced REM



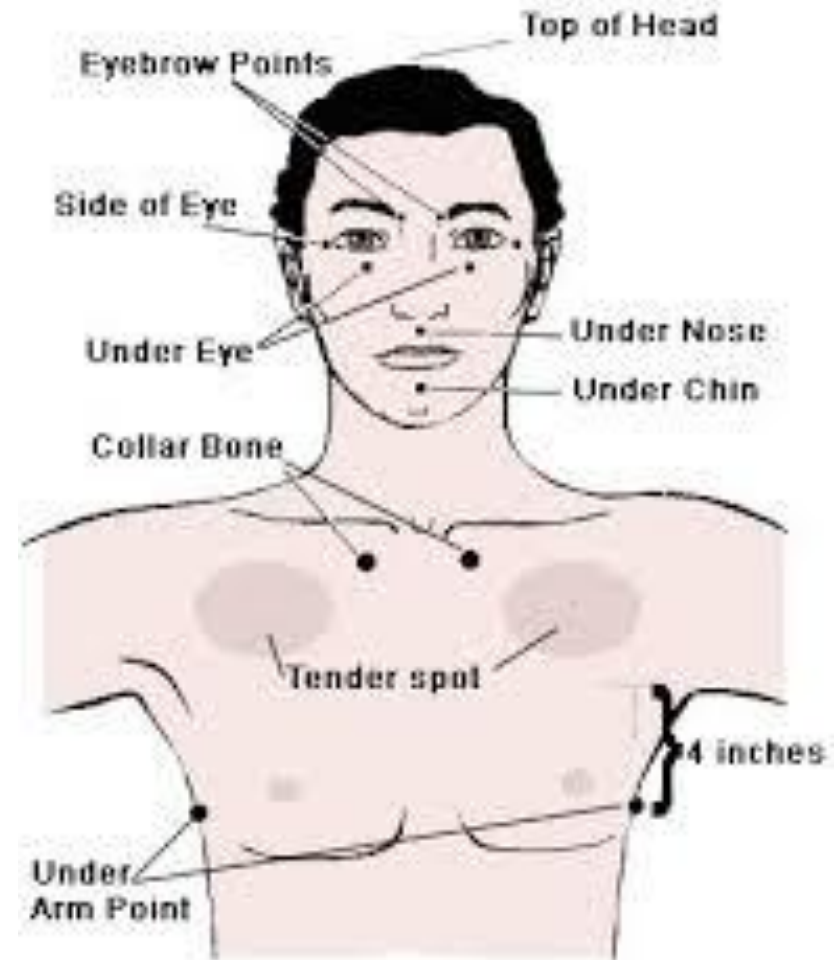
The Vagus Nerve

- When you breathe deeply into your belly, it stimulates the vagus nerve, which then sends a message to the brain telling it to make the body relax. Stress hormone production is reduced, and other physiological stress effects (like capillary constriction, muscle tension, decreased digestion, etc.) are improved as well. The result? In the moment, you feel better and in the long-term you help prevent disease.



Tapping

- Tapping can deal with stress quickly and efficiently.
- Once the stressed feeling is gone, you'll find it much easier to deal with whatever is stressing you.
- You'll be thinking clearer and won't feel pressured into acting.



Key Takeaways

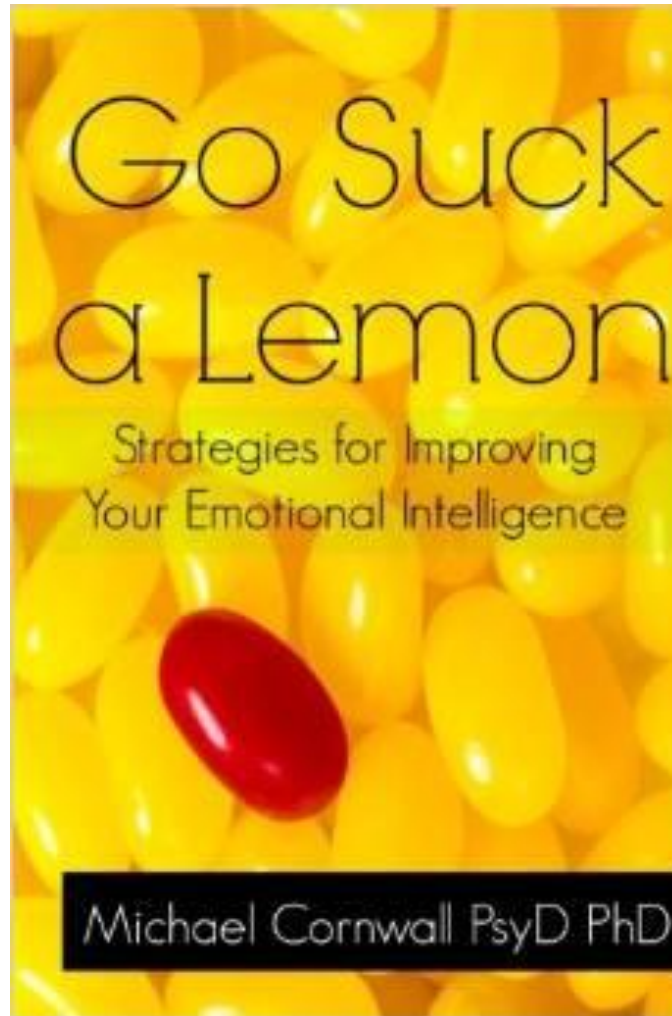
- **Thought is a product of experience and repetition**
- **Thought produces emotion**
 - Thought that includes inflexible beliefs produces stress hormones and often results in emotional hardship
- **Replacing automatic thoughts that contribute to our unmanageable emotions with more useful and rational thoughts will result in a more manageable emotional life and improved Emotional Intelligence**

Conference Cloud

Additional Resources

- **You can search the Internet for additional information on Emotional Intelligence (EI) (EQ):**
 - There is an abundance
 - Books on EI often focus on the use of Emotional Intelligence Theory in business and industry
- **Additional reading:**
 - <http://www.amazon.com/Ultimate-Emotional-Intelligence-Books/lm/R4BQUH0UY217V>

Conference Cloud Additional Resources





Questions



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