

Emotional Intelligence Training Course

LESSON GUIDE

Lesson 1: The Elastic

THE ELASTIC HELPS YOU REDUCE STRESS AND AVOID EMOTIONAL OVERLOAD.

Imagine your nervous system stretched like a piece of elastic to the point of breaking. Now imagine that you have learned how to relieve the pressure so that the nervous system eases back into a relaxed shape. The first tool, the Elastic, helps you perform this critical function of stress relief.



1. Begin by taking the quiz below
2. Watch *Section A: Emotional Stress* (6:05 minutes)
3. Watch *Section B: Visualization* (5:31 minutes)
4. Assess your mastery of this skill by answering questions in the stress test below

QUIZ 2

Test Your Stress Recognition and Management Skills

1. When you come home, do you walk in the door feeling alert and relaxed? Or do you feel exhausted and head for the couch, the liquor cabinet, the TV, or computer?
2. Throughout the day, do you feel irritated, tense, confused, anxious, spacey, or moody? Are you often or easily irritated?
3. When you feel out of sorts, can you immediately restore your composure? Do you know what to do to get that "just right" feeling back?
4. Can you easily turn to others at work or at home to help you feel better? Can you ask for help?
5. Do you easily recognize emotional upsets in your coworkers, colleagues, friends or family? Can you walk into a room and spot that someone is upset?
6. When things get emotionally heavy, do you feel like running away? Do you run?

This quiz has no right or wrong answers. The purpose is to collect information about your response to stress. After you have spent some time practicing how to calm yourself, take the quiz again. Do you notice any changes in your responses?

Stress Test: How well do I manage myself under pressure?

- Do I feel angrier than some situations warrant?
- Do I ever space out or feel in a daze under pressure?
- Do I feel frozen, paralyzed, and agitated all at once when stressed?
- Do I feel threatened or expect to be punished, hurt, or humiliated in stressful situations?
- Do I feel out of control and unable to effectively state my case or defend myself under stress?

If you have answered “yes” to any of these questions, take more time to explore sensory means for rapidly reducing your stress. Something as simple as taking several slow deep breaths or recalling your “stress relief” images can help restore balance and allow you to approach the situation with more calm and composure. With continued practice, you’ll notice improvement in your ability to function under pressure.

IMPORTANT: *Don’t move on to the next tool until you’ve made some progress in learning how to better manage your stress.*

