Emotional Intelligence

From Theory to Practice

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Presentation Outcomes:

● Recognize your role in helping students develop emotionally intelligent behavior.

● Acquire a practical understanding of the power of emotions as the true drivers of behavior.

● Acquire a practical understanding of how to help students refocus and regain their emotional intelligence.
LIFE, LIBERTY
AND THE PURSUIT OF HAPPINESS
Past Year Prevalence of Major Depressive Episode Among U.S. Adolescents (2016)

Data Courtesy of SAMHSA
Past Year Treatment Received Among Adolescents with Major Depressive Episode (2016)

Data Courtesy of SAMHSA

- Medication Only: 2%
- Health Professional AND Medication: 19%
- Health Professional Only: 19%
- No Treatment: 60%
Emotional intelligence:

The ability to remain emotionally stable, independent of circumstances.
“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl
Major components of EQ/EI

Personal Competence

Self Awareness – Understand own moods and emotions

Self Management – Control over emotions, think before act!

Social Awareness – Develop a rapport with new people

Social Competence

Relationship Management – Understand other’s emotions and treat them as they wish to be treated
Conscious

Think

Subconscious

Feel

Body

Action

RESULTS

Choice / Free Will. Past & Future tense.

• Beliefs
• Mindset
• Habitual behavior
• Self Image
• Values

No choice & No judgment. No concept of time. Present Tense

Students Taking Action Now

Repetition Emotional Impact

Hear

See

Smell

Touch

Taste
Automatic Negative Thoughts
Conscious Mind

Sub-Conscious Mind

YOUR ACTIONS

CONTROL YOUR

RESULTS
How do you see yourself?

How do you think others see you?

How do you want to be seen?
Love  Joy  Passion  Freedom  Highest Excitement
Happiness  Gratitude  Compassion  Courage  Spiritual Connection
Inspired  Confidence  Responsible  Open-Hearted  Serene
Empowered  Worthy  Eagerness  At Ease  Light-Hearted
Hopefulness  Acceptance  Faith  Encouraged  Positive Attitude
Neutrality  Quiet Center of Stillness
Doubtful  Insecurity  Lonely  Rejection  Disappointment
Worry  Pessimism  Frustration  Impatience  Irritation
Anger  Rage  Revenge  Hatred  Fear
Sadness  Abandoned  Ashamed  Anxiety  Unloved
Despair  Disempowerment  Grief  Depression  Hopelessness
Stress

Body
- headaches
- frequent infections
- taut muscles
- muscular twitches
- fatigue
- skin irritations
- breathlessness

Mind
- worrying
- muddled thinking
- impaired judgement
- nightmares
- indecisions
- negativity
- hasty decisions

Emotions
- loss of confidence
- more fussy
- irritability
- depression
- apathy
- alienation
- apprehension

Behavior
- accident prone
- loss of appetite
- loss of sex drive
- drinking more
- insomnia
- restlessness
- smoking more

BramStrom.org
Mind is the master power that molds and makes,  
And we are Mind, and evermore we take  
The tool of thought, and shaping what we will,  
Bring forth a thousand joys, a thousand ills.  
We think in secret, and it comes to pass —  
Our world is but our looking glass.

— James Allen
Friends?
Good grades?
Athlete?
Healthy?
Happy?

WHAT DO YOU WANT?
“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl
S.T.O.P.

Stop everything!

Take a few DEEP breaths and settle yourself.

Observe your feelings and associated thoughts, and CHOOSE to focus back to what needs to get done.

Proceed moving forward toward your endeavor.
I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

— Michael Jordan —
FAITH & FEAR

Both demand you believe in something you cannot see. You choose!

- Bob Proctor
The Amygdala Hijack
Focus on what you have - not what you don't - by identifying and recording at least one positive thing in your life each day. What makes you thankful? The simple act of acknowledging the things we are grateful for can help enhance our health, mood and spirit.

www.LotsToLiveFor.com
Automatic Negative Thoughts
- Organization binder
- Goal(s) for the day, week, month
- To do checklist
- Time management
- Graphic organizers
- Formulas
- Sentence frames
- Behavior contract
- Backpack check
What you think about comes about
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