1. What is emotional intelligence?

2. How does emotional intelligence benefit our kids?

3. Why is it important to feel our emotions?

4. What gets in the way of emotional intelligence?
1. What is emotional intelligence?

2. How does emotional intelligence benefit our kids?

3. Why is it important to feel our emotions?

4. What gets in the way of emotional intelligence?
1. What is emotional intelligence?

Emotional intelligence is the ability to identify, understand and regulate emotion.

- *Social emotional Learning Specialists*
1. What is emotional intelligence?

- Emotional identification
- Emotional understanding
- Emotional regulation
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- Emotional identification
- Emotional understanding
- Emotional regulation
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- Emotional identification
- Emotional understanding
- Emotional regulation
1. What is emotional intelligence?

Feelings are meant to be FELT.
1. What is emotional intelligence?

- Emotional identification
- Emotional understanding
- Emotional regulation
Emotional Regulation = Containment + Release

1. What is emotional intelligence?
What is emotional intelligence?

Regulation happens in relationship.

– Dan Siegel, Interpersonal Neurobiologist
“Normal human development relies on the cultivation of relationships with others to form and nurture the self-regulatory circuits that enable emotion to enrich, rather than enslave, our lives.”

– Dan Siegel
Overview

1. What is emotional intelligence?

2. How does emotional intelligence benefit our kids?

3. Why is it important to feel our emotions?

4. What gets in the way of emotional intelligence?
Emotional intelligence improves:
- Academic performance
- Physical health
- Ability to build lasting, meaningful relationships
- Job performance
- Career advancement
- Lifelong success

- Elias & Zins; Goleman
2. How does emotional intelligence benefit our kids?

“The single most important factor in job performance and advancement is emotional intelligence.”

- Dan Goleman, Author of Emotional Intelligence
2. How does emotional intelligence benefit our kids?

Emotional intelligence reduces:

- Failed relationships
- Interpersonal violence
- Substance abuse
- Unhappiness

- Elias et al., 1997 & Zins et al., 2004
1. What is emotional intelligence?

2. How does emotional intelligence benefit our kids?

3. Why is it important to feel our feelings?

4. What gets in the way of emotional intelligence?
3. Why do emotions matter?

- Emotions communicate information
3. Why do emotions matter?

- Emotions communicate information
- Emotions connect us
3. Why do emotions matter?

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- Emotions communicate information
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- Emotions guide our decisions
3. Why do emotions matter?

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- Emotions help us release bodily tension & stress
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3. Why do emotions matter?

Crying helps:

- Shed neurotoxins & stress hormones
- Regulate breathing & heart rate
- Stimulate production of endorphins
- Facilitate a calm biological & emotional state
- Boost immune functioning
- Improve memory
- Improve digestion
3. Why do emotions matter?

- Emotions communicate information
- Emotions connect us
- Emotions guide our decisions
- Emotions help us release bodily tension & stress
- Emotional release sustains health
3. Why do emotions matter?

Holding back tears leaves the body prone to:

• Weakened immunity
• Impaired memory
• Poor digestion
3. Why do emotions matter?

- Emotions communicate information
- Emotions connect us
- Emotions guide our decisions
- Emotions help us release bodily tension & stress
- Emotional release sustains health
EMOTIONAL RELEASE SUSTAINS HEALTH

The Science:

• Robert Zapolsky – Animals in the wild offload stress by trembling so they don’t develop stress-related illnesses.
• William Frey – Emotional tears release stress hormones
• Judith Orloff – Crying stimulates endorphin production
  – After crying, breathing & heart rate decrease
• Margaret Crepeau – People with stress-related illnesses cry less than healthy counterparts
• Michigan Study - Women who repressed anger were twice as likely to die from heart-attack, stroke or cancer
• John Sarno – Processing feelings cures chronic pain
3. Why do emotions matter?

- Emotions communicate information
- Emotions connect us
- Emotions guide our decisions
- Emotions help us release bodily tension & stress
- Emotional release sustains health
- Emotions are integrating
3. Why do emotions matter?

When strong emotions are expressed in the presence of a regulated parent, it helps the child’s brain grow connective / integrative neural fibers.
REMEMBER:
“Normal human development relies on the cultivation of relationships with others to form and nurture the self-regulatory circuits that enable emotion to enrich, rather than enslave, our lives.”

– Dan Siegel, The Developing Mind
3. Why do emotions matter?

Integration:
“Emotions link the mental, social and biological domains.”

– Dan Siegel
3. Why do emotions matter?
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3. Why do emotions matter?
3. Why do emotions matter?

(Summary)

- Emotions communicate information
- Emotions connect us
- Emotions guide our decisions
- Emotions help us release bodily tension & stress
- Emotional release sustains health
- Emotions are integrating
Overview

1. What is emotional intelligence?
2. How does emotional intelligence benefit our kids?
3. Why do we have big feelings?
4. What gets in the way of emotional intelligence?
4. What gets in the way of emotional intelligence?

- Natural resistance to what is uncomfortable
4. What gets in the way of emotional intelligence?

“What is not felt remains unchanged or gains an inward pressure.” – Peter Levine

“Abandoned feelings call out for attention.” – Peter Levine
4. What gets in the way of emotional intelligence?

- Natural resistance to what is uncomfortable
- Watching others “act out” OR “deny” their emotions
4. What gets in the way of emotional intelligence?

- Natural resistance to what is uncomfortable
- Watching others “act out” / deny their emotions
- Societal treatment of emotion
4. What gets in the way of emotional intelligence?

- Natural resistance to what is uncomfortable
- Watching others “act out” / deny their emotions
- Societal treatment of emotion
- Direct parental treatment of child’s emotion
4. What gets in the way of emotional intelligence?

I just want you to be happy!
4. What gets in the way of emotional intelligence?

Society says, “No Fear.”
4. What gets in the way of emotional intelligence?

Society says, “No Fear.”

Wisdom says, “Know Fear.”
4. What gets in the way of emotional intelligence?

Society says, “No frustration.”
4. What gets in the way of emotional intelligence?

Society says, “No frustration.”

Wisdom says, “Know frustration.”
4. What gets in the way of emotional intelligence?

Society teaches, “No sadness.”
4. What gets in the way of emotional intelligence?

Society teaches, “No sadness.”

Wisdom teaches, “Know sadness. Acknowledge what is true for you.”
4. What gets in the way of emotional intelligence?

Society teaches, “No! No! Sh! Don’t cry!”
4. What gets in the way of emotional intelligence?

Society teaches, “No! No! Shh! Don’t cry!”

Wisdom invites, “Yes... That’s it.”
“Tell me all about it...”
“Keep going...”
4. What gets in the way of emotional intelligence?
4. What gets in the way of emotional intelligence?
4. What gets in the way of emotional intelligence?

May you experience emotional wholeness
Our Emotions Matter

What do we do with this information?

How can we promote emotional intelligence in our kids?
Our Emotions Matter

Tuesday, Oct 22 at 7pm
Walter Hayes

Part 2:
Promoting Emotional Intelligence:
How to become your child’s emotional coach
How can we promote emotional intelligence in our kids?

- Help them identify, understand and regulate feelings.
Our Emotions Matter

How can we promote emotional intelligence in our kids?

- Help them Identify, understand and regulate feelings.
- Identify, understand and regulate our own emotions.
How can we promote emotional intelligence in our kids?

- Help them Identify, understand and regulate feelings.
- Identify, understand and regulate our own emotions.
- Come close, stay calm, and listen when they have strong, unpleasant feelings moving through.
Children aren’t the only ones who benefit from loving contact in the midst of overwhelming emotional moments.

Most of us benefit from a calm, warm presence when we’re overwhelmed too.
Someone who can come close and warmly whisper,
“Tell me all about it, sweetie.”
Our Emotions Matter

“Tell me all about it, sweetie.”
“Anything that promotes **emotional connection** has a **healing** effect on the **brain** and **nervous system**.”

– Dr. Thomas Lewis, Neuroscientist, UCSF
“Don’t give up. Don’t give in. Give yourself.”

- Patty Wipfler
  Hand in Hand Parenting
Please reach out for support for you / your child.

Therapists on my team at Mindful Child & Family Therapy can help.

www.MCAFT.com
Additional Resources

Child & Teen Therapists:

Allison Baumann
Danielle Seybold
Erin Todhunter

www.MCAFT.com
Parenting Support:

Emilie Jobson
Danielle Seybold
Erin Todhunter

www.MCAFT.com
Building Emotional Understanding

With Emilie Jobson & Erin Todhunter
6 Wednesdays 10am-12pm
Los Altos, CA

www.MCAFT.com
Additional Resources

The Yes Brain
- Dan Siegel & Tina Payne Bryson

No-Drama Discipline
- Dan Siegel & Tina Payne Bryson
Raising An Emotionally Intelligent Child
- John Gottman

Positive Discipline
www.PositiveDiscipline.com

Mindful Discipline
- Shauna Shapiro
Questions
Integration

What resonated with you?

What do you want to take home with you?
Feedback

I’d love your feedback.

Check out our Yelp page:

Mindful Child & Family Therapy
Los Altos
Thank you for coming.

Thank you for empowering yourselves.

Thank you for caring about your kids.
Emotional Intelligence: Why Emotions Matter

Jaclyn Long, MFT
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www.MCAFT.com