

Emotional Intelligence

This worksheet helps you understand emotional intelligence (EI), how it connects to stress regulation, and how box breathing can improve emotional control and resilience.

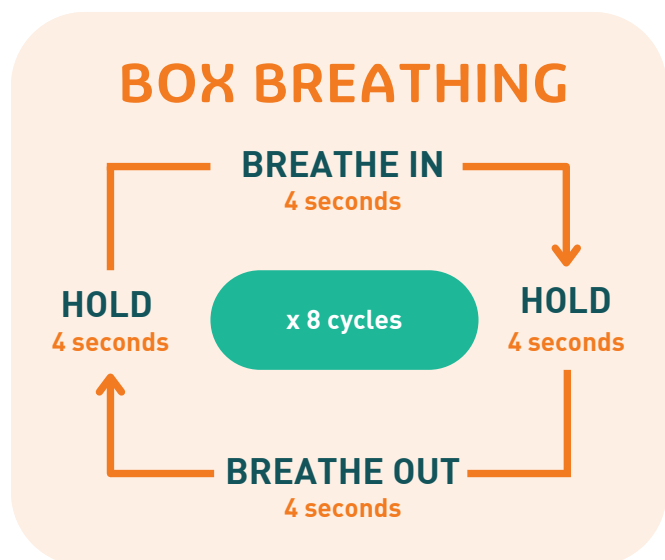
Part 1: Understanding Emotional Intelligence

Emotional Intelligence (EI) is the ability to recognise, understand, and manage your emotions, and respond effectively to others.

1. What emotions do you experience most often during a stressful day? (use the emotions wheel on page 2)

2. How do you usually react when you feel stressed or overwhelmed?

3. What signs does your body give when emotions escalate?



Part 2: The Link Between Emotions & Breathing

Stress speeds up your breathing and reduces clear thinking. Slowing your breath calms your nervous system and helps you regain control.

Reflection: What happened to your breathing in a recent stressful moment?

You may not control everything around you, but you can control how you respond. Your breath is a tool.

Part 3: How to do Box Breathing

Box breathing is a simple technique to steady your nervous system in moments of stress. Practised regularly, it builds the capacity to pause before reacting.

- **Breathe in** through your nose for 4 seconds
- **Hold** for 4 seconds
- **Breathe out** through your mouth for 4 seconds
- **Hold** for 4 seconds
- **Repeat** 8 times

Set an intention: What is something I do every day that can be a reminder to practice box breathing? e.g. before first coffee, at red traffic lights, in bed before turning lights off.

The Emotions Wheel

Use the wheel below alongside Part 1, Question 1. Start at the centre to identify the broad feeling, then move outwards to name it more precisely. Putting a clear word to an emotion is often the first step in regulating it.

