



How Emotionally Intelligent People Interpret Stress?

We have all experienced stress and start to catastrophize and jump to extreme conclusions. It's so easy to become pessimistic. Catastrophizing develops anxiety.

Emotionally intelligent people know that if stress occurs, they have a unique way of experiencing the stress and have the mechanisms in place to face it and tolerate it.

The perception of stress plays a massive role in how stress affects us.

The emotionally intelligent people:

- are able to interpret stress differently to reduce the impact it has on them and use it to their advantage.
- change their mind about stress for they can change their body response to stress.
- remain calm.
- don't develop unrealistic and irrational thoughts when stressed.
- don't catastrophize situations.
- know that catastrophizing can be the mind's way of hiding from painful emotions.
- recognise their pessimism: They always have negative thoughts but when they notice them, they don't ignore them, they take action.
- bring these catastrophic thoughts out to be more aware of them. They replace them with more realistic ones.
- try some positive self-talk; they tell themselves that they have the ability to cope with it.

- always see the positive side; they are flexible in their approach to stress to utilise it in positive way. Seeing the negative side of things is often a defensive mechanism that we use to not get our hopes up or to not expect a good outcome because if the outcome is not as good as we thought, it can hurt us a lot.
 - are able to understand their emotions, and able to develop effective ways to deal with them.
 - are able to see they're stressed but then they can adjust their emotions to help cope which helps them see the positive side of things and be optimistic.
 - can interpret stress differently by accepting and embracing it rather than viewing it as something that is so negative for them.
 - are brilliant at appreciating that going through stress makes them better at it.
 - know that stress can be good for them; they are aware that it can be an adaptive response that can lead to brilliant ideas or outcomes. They need that stress to push themselves.
 - practice gratitude, are thankful and appreciate what they have.
- Gratitude is related to optimism and develops greater psychological well-being.

Final Thoughts

We all know the damaging impact that stress can have on us. Individuals who have a lot of stress and perceived stress as being harmful to their health were more likely to have poor health. If you're really struggling, ask for help.

We can be emotionally intelligent in our own lives; make an effort and keep fighting and have:

- a brilliant self-awareness to understand and recognise our emotions, figure out why, not jump to irrational conclusions and not panic.
- a self-regulation of being flexible of altering our view of stress, adapt our emotion to the situation and able to regulate them to limit the impact that stress has on us and to help ourselves progress to greater levels of optimism that predicts happiness.

We all have strengths within us, we just need to find them.

From the BHS Medical Department