

Dear Families/Caregivers,

As humans, we have the capacity to feel a myriad of emotions. They drive our feelings, thoughts, and behaviors and impact our self-esteem and social interactions. As teens mature, they become more aware of how emotions impact their behavior and affect their bodies and their relationships.

We have been learning to identify our emotions and recognize how they change throughout the day. We discussed the steps toward emotional intelligence which include:

Understanding Our Emotions.

Emotions are normal and produce automatic reactions.

Perceiving Our Emotions.

We interpret our emotions based on our personalities and previous experiences.

Managing Our Emotions.

What we think and how we act determines how we experience emotions.

Using Our Emotions.

We can use emotions to understand ourselves and others.

Here are a couple of ways to help your teen develop his or her emotional intelligence:

- Talk with your teen about his or her emotions during the week. What emotions feel better than other emotions? How can he or she increase the good-feeling emotions and reduce the negative-feeling emotions?
- Look at your own emotional intelligence. Are there situations that stir your emotions? Are there ways that you can better regulate your emotions? Share your struggles and successes in regulating your emotions.
- Encourage your teen to find strategies for dealing with intense emotions. Some strategies include exercising, journaling, meditating, or taking a few deep breaths.