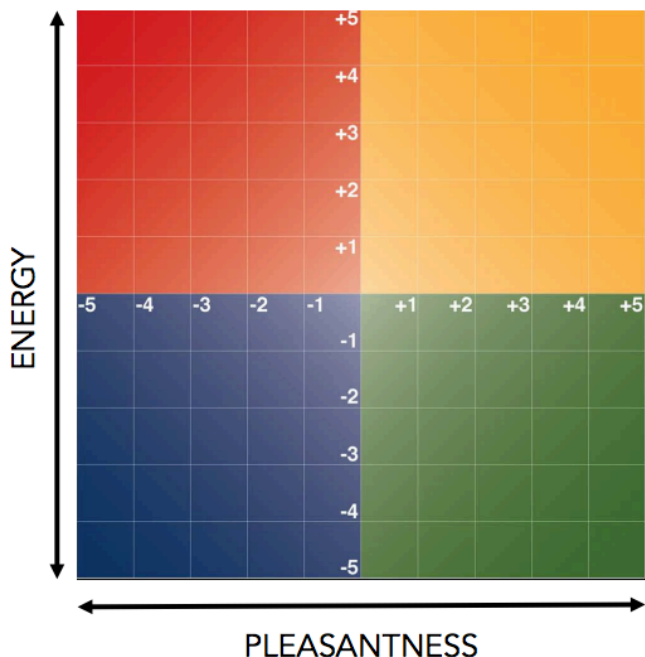


Using RULER to Develop Your Emotional Intelligence¹

Recognize: Think of a couple words that describe your current mood. Write them down and mark about where you'd put yourself on the Mood Meter at this moment.

- 1.
- 2.



Understand: Think about what class you have next and where you'd like to be or need to be in order to be successful in that class. Mark where you'd like or need to be on the Mood Meter.

- 1.
- 2.

Label: Identifying your emotions accurately will improve your chances of addressing or using them effectively.

Express: Don't suck it up or deny your emotions. Cry. Laugh. Curse the fates. But don't be RULED by your emotions. Ask: can I use these feelings to achieve my goals? Can I channel the anger or frustration? Can I use the anger to clear the fields for new growth?

Regulate: Take a **META-MOMENT**. Write down three things you could do to you move from where you are to where you need to be. Need to raise energy with Bombay Squats or laughing yoga? Become calmer with some deep breaths? Feel more positive through visualizations?

- 1.
- 2.

Be Your Best Self: How do you like to see yourself? How do you want others to see you? Your best self is the best person you're capable of being in a given situation. **Write down a couple words that describe your best self.**

- 1.
- 2.



Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

—attributed to Victor Frankl

¹ Inspired by RULER (Yale Center for Emotional Intelligence) ~ Created by EQ8 (Joel Barlow High School)

HELPFUL STRATEGIES

Thought Strategies

- *Positive self-talk*
- *Positive reappraisal*
- Acceptance
- Visualization
- Humor
- Distraction (short-term)

Action Strategies

- Good health habits:
 - Food, sleep, exercise
- Social support
- Constructive activity
- Avoiding/modifying situation
- Problem solving
- Seeking professional help

MOSTLY UNHELPFUL STRATEGIES

- Negative self-talk
- Venting and complaining
- Avoidance
- Denial
- Suppression
- Ignoring the emotion or problem
- Wishful thinking
- Rumination and worry
- Blaming oneself or others
- Procrastination
- Psychological manipulation
- Yelling or screaming
- Physical aggression
- Poor habits (eating, sleep, exercise)
- Abusing substances

HELPFUL VS. UNHELPFUL STRATEGIES

Unhelpful Strategies

- Require little to no effort
- Lead to disengagement
- Decrease wellbeing
- Do not resolve the problem
- Can be harmful to self
- Negatively impact relationships
- Provide immediate relief but derail us from achieving goals

Helpful Strategies

- Require effort/practice
- Involve engagement
- Require planning
- Often times involve people
- Promote better health and wellbeing
- Help to build and maintain relationships
- Solution focused