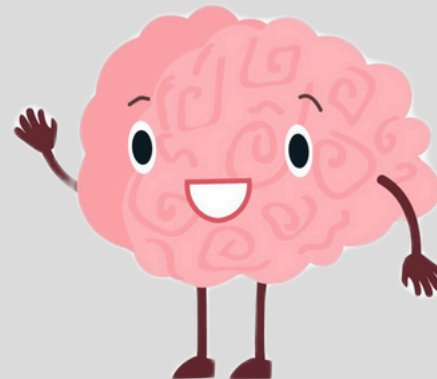


# How do you feel?

*The story of Hearty and Brainy*

6th Issue



**EQstudents**  
Emotional Intelligence  
The mind that feels



**Co-funded by  
the European Union**





Co-funded by  
the European Union

Project No: 2021-1-PL01-KA220-SCH-000029785

## Project Partners:



Szkoła Podstawowa nr 38  
im. Henryka Sienkiewicza  
w Lublinie

## Credits:

Hearty pictures: designed by DrawingMyDiary – Freepik.com

Brainy pictures: Nataliia Darmoroz / Alamy Stock Vector

City park scene background: image by brgfx – Freepik.com



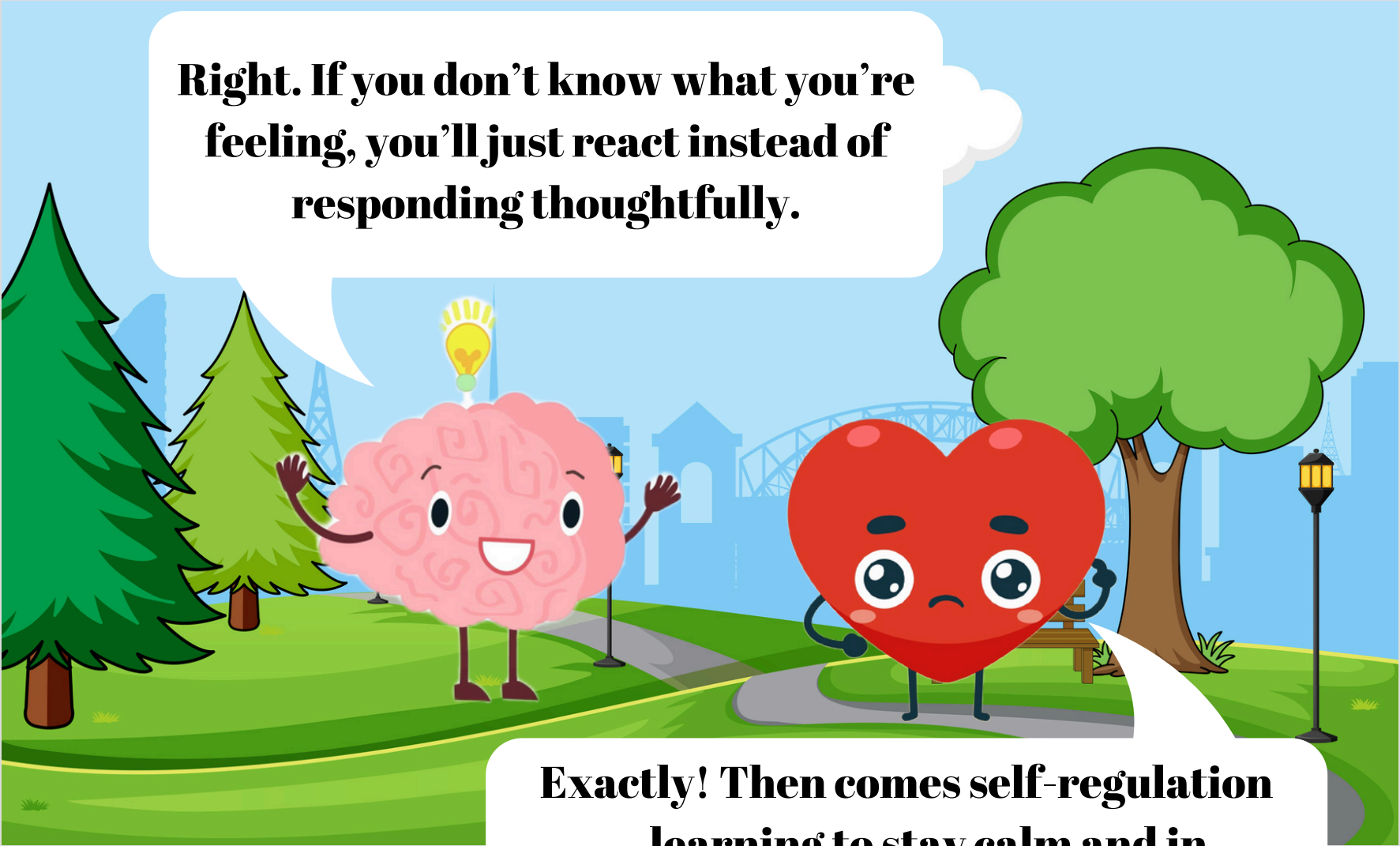
**Relationships are complicated,  
Hearty. Managing them can feel like  
juggling flaming swords while  
blindfolded.**

**Not if you've got emotional  
intelligence on your side, Brainy.  
Strong relationships aren't just  
luck—they're built!**



**Fine, but let's break it down.  
Managing relationships—how  
does it even start?**

**It starts with you. Self-awareness is  
step one. You've got to understand  
your own emotions first. No  
shortcuts!**



**Right. If you don't know what you're feeling, you'll just react instead of responding thoughtfully.**

**Exactly! Then comes self-regulation  
—learning to stay calm and in  
control, no matter how heated  
things get.**

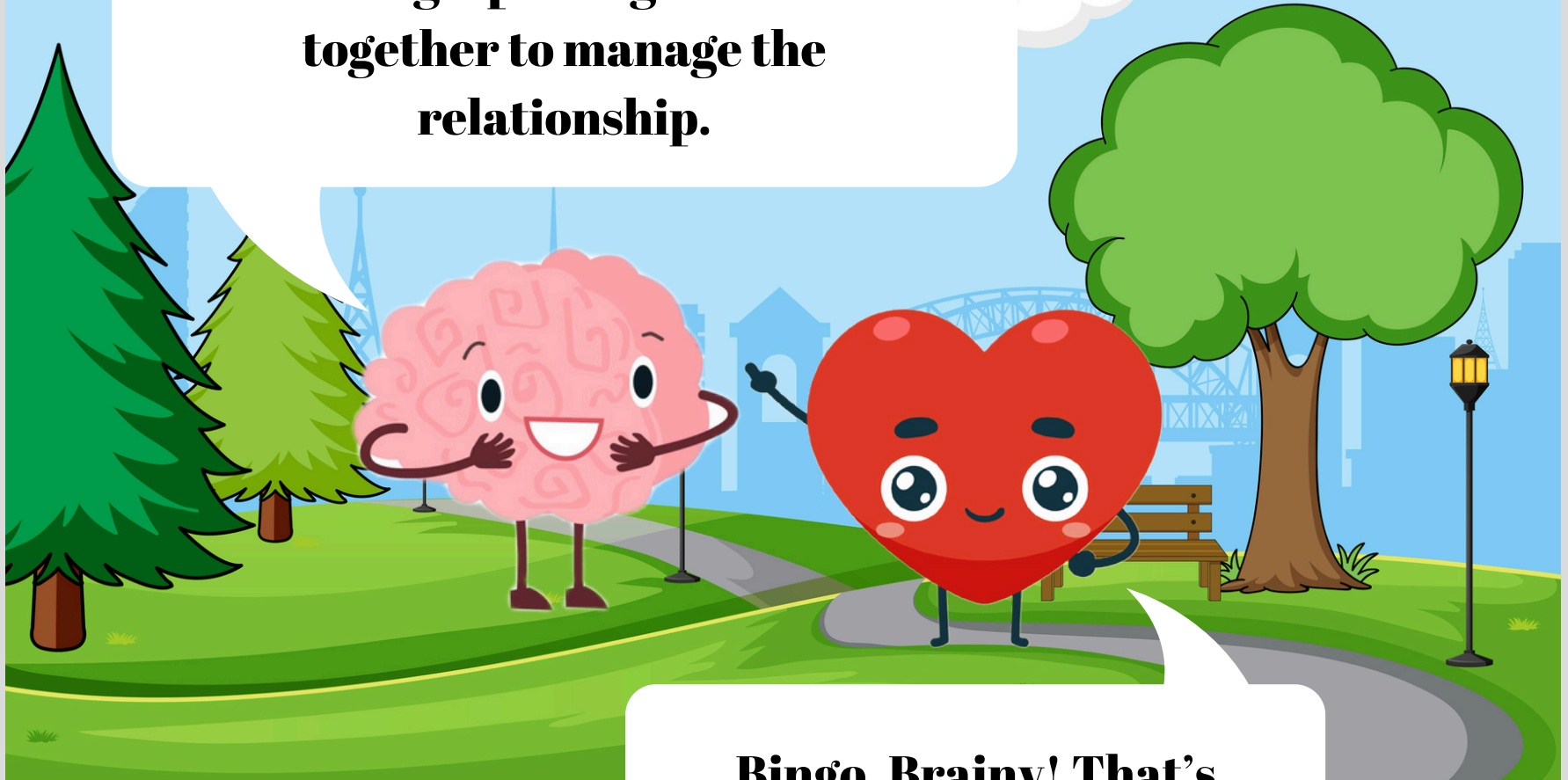


**Self-awareness,  
self-regulation...  
and next?**

**Social awareness! That's where you  
tune in to what others are feeling.  
You can't connect if you don't  
understand their emotions, right?**



**Got it. But the final step is the real challenge: putting all of that together to manage the relationship.**



**Bingo, Brainy! That's where the magic happens.**

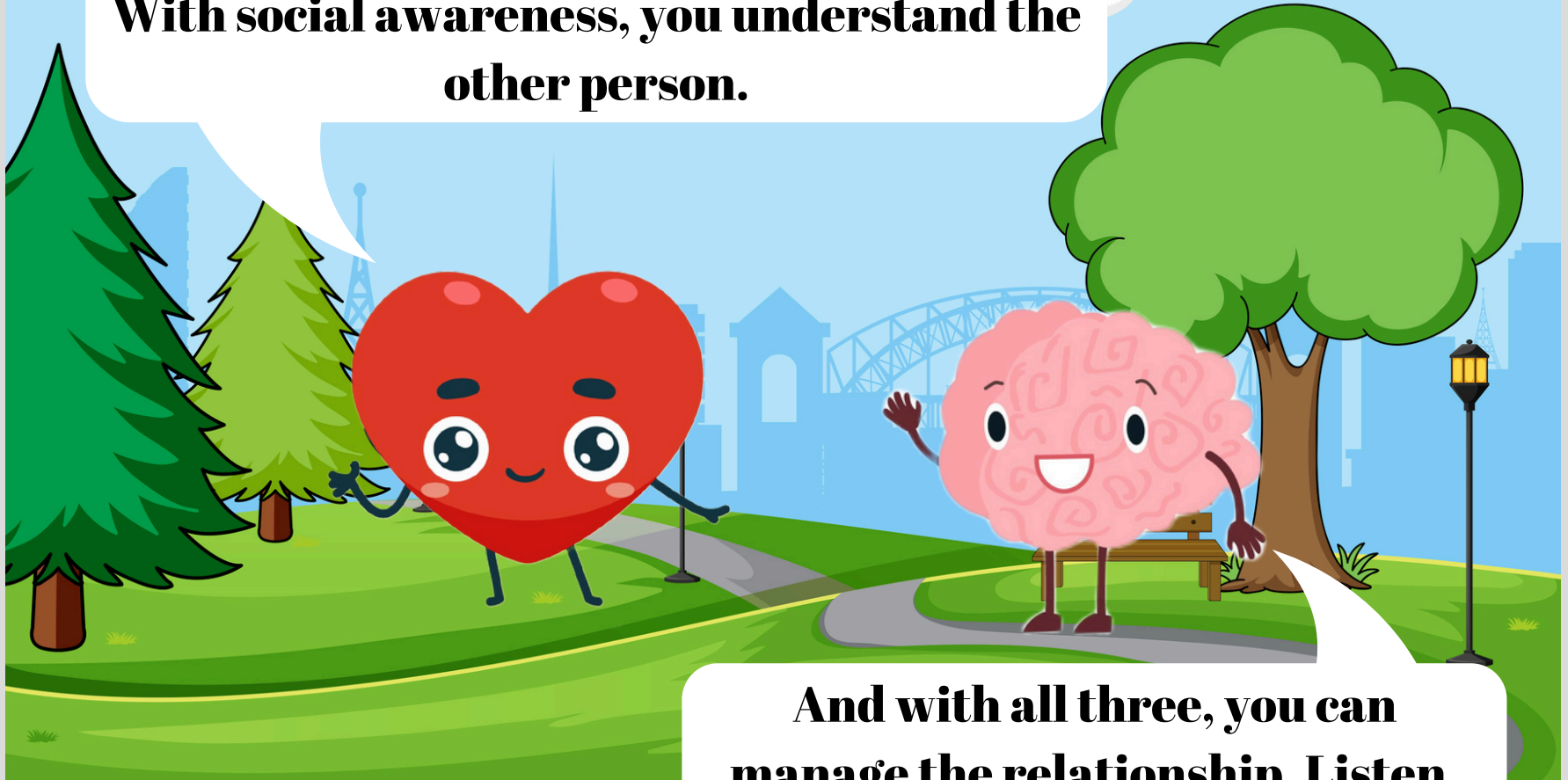




**So, relationship management is the final piece. It's about solving problems and building trust, right?**

**Exactly! But it's not just about fixing things—it's about growing together. Every interaction is a chance to deepen the connection.**

**Think about it, Brainy. With self-awareness, you know what you're feeling. With self-regulation, you keep it in check. With social awareness, you understand the other person.**



**And with all three, you can manage the relationship. Listen, communicate, resolve conflicts... it all comes together.**



**So, relationship management is  
like the final test of emotional  
intelligence.**

**Yep! But it's not something  
you 'finish'. Relationships  
keep evolving, and so do we.**



**Hmm... that means emotional intelligence is a lifelong practice, doesn't it?**

**Exactly, Brainy. And the better we get at it, the better our lives—and our relationships—become.**

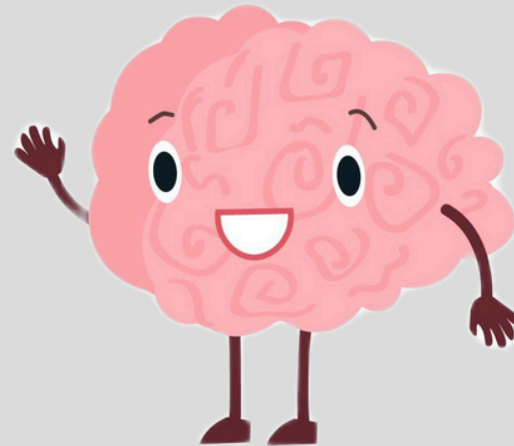
**Alright, Hearty. I think I'm finally starting to get it. Emotional intelligence really is the key to thriving relationships.**

**And the more we use it, the stronger our connections grow. It's not always easy, Brainy, but it's always worth it.**





**Emotional Intelligence: The journey to connect,  
grow, and thrive—together.**





Co-funded by  
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Project number: 2021-1-PL01-KA220 -SCH-000029785

