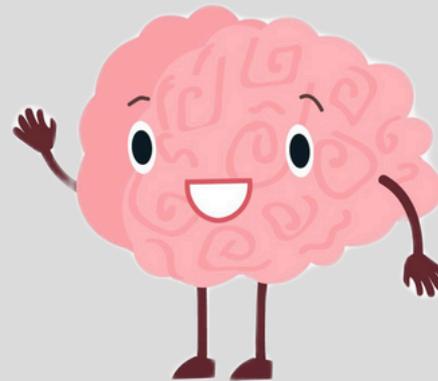


How do you feel?

The story of Hearty and Brainy

6th Issue



EQstudents
Emotional Intelligence
The mind that feels



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

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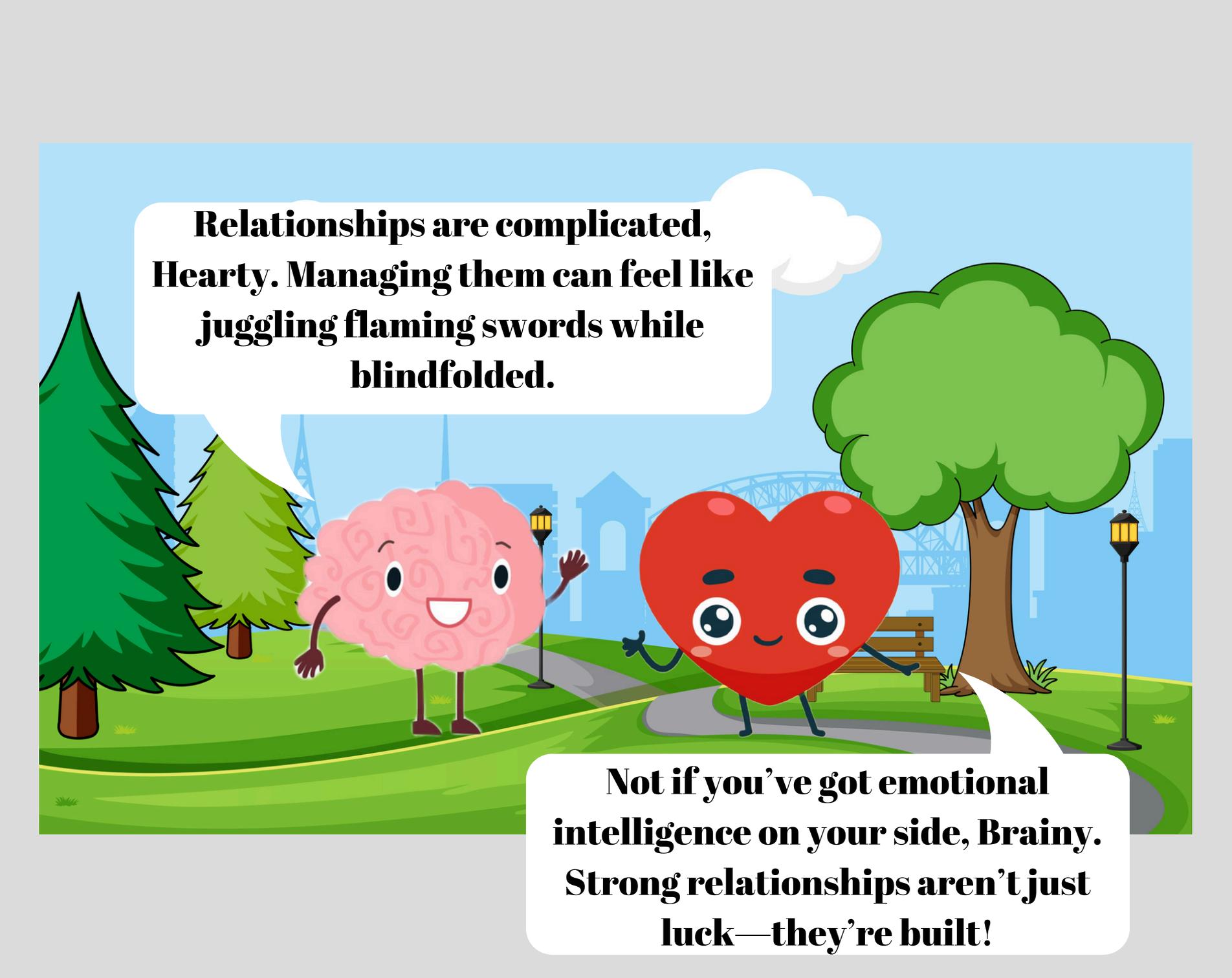
Szkoła Podstawowa nr 38
im. Henryka Sienkiewicza
w Lublinie

Credits:

Hearty pictures: designed by DrawingMyDiary – Freepik.com

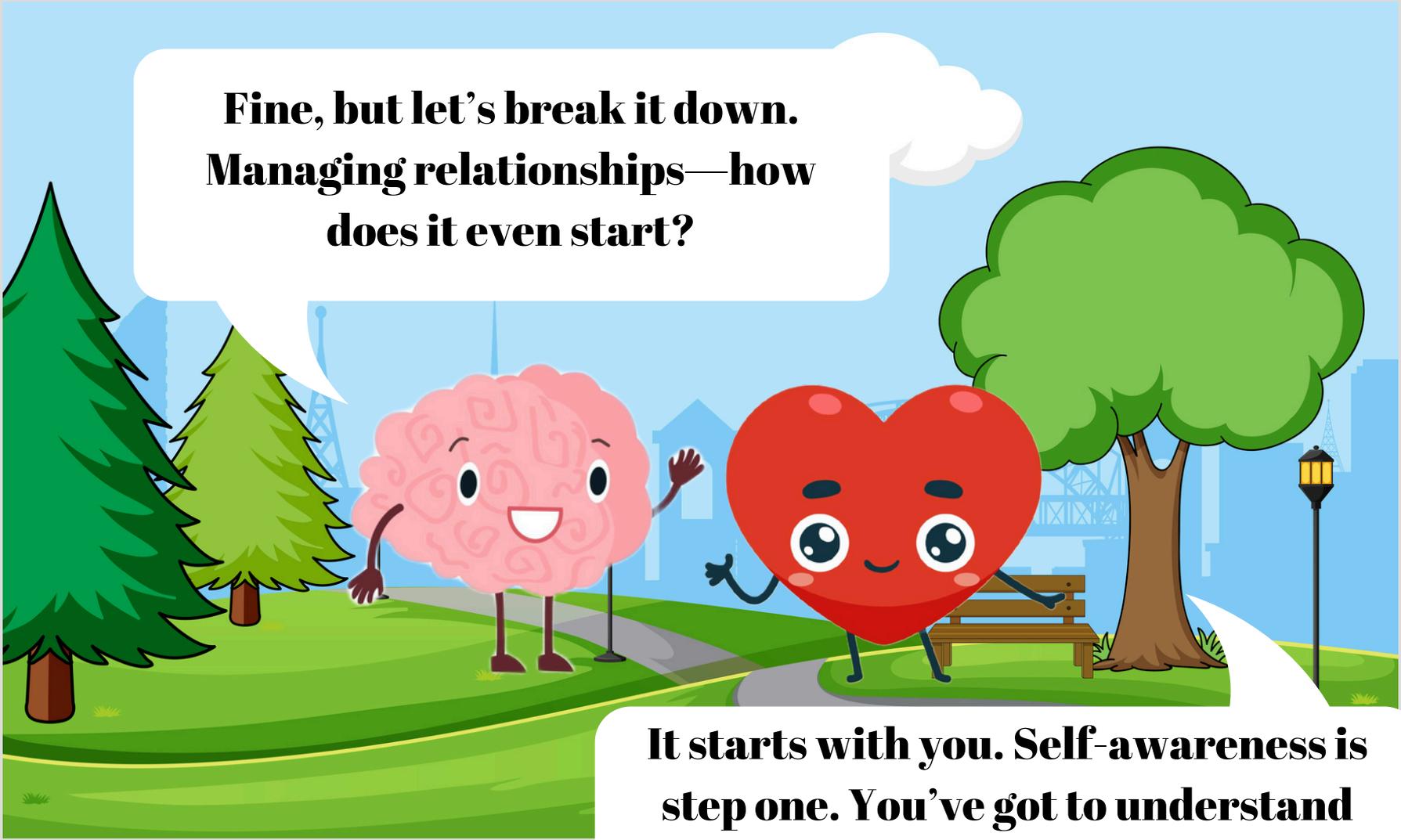
Brainy pictures: Nataliia Darmoroz / Alamy Stock Vector

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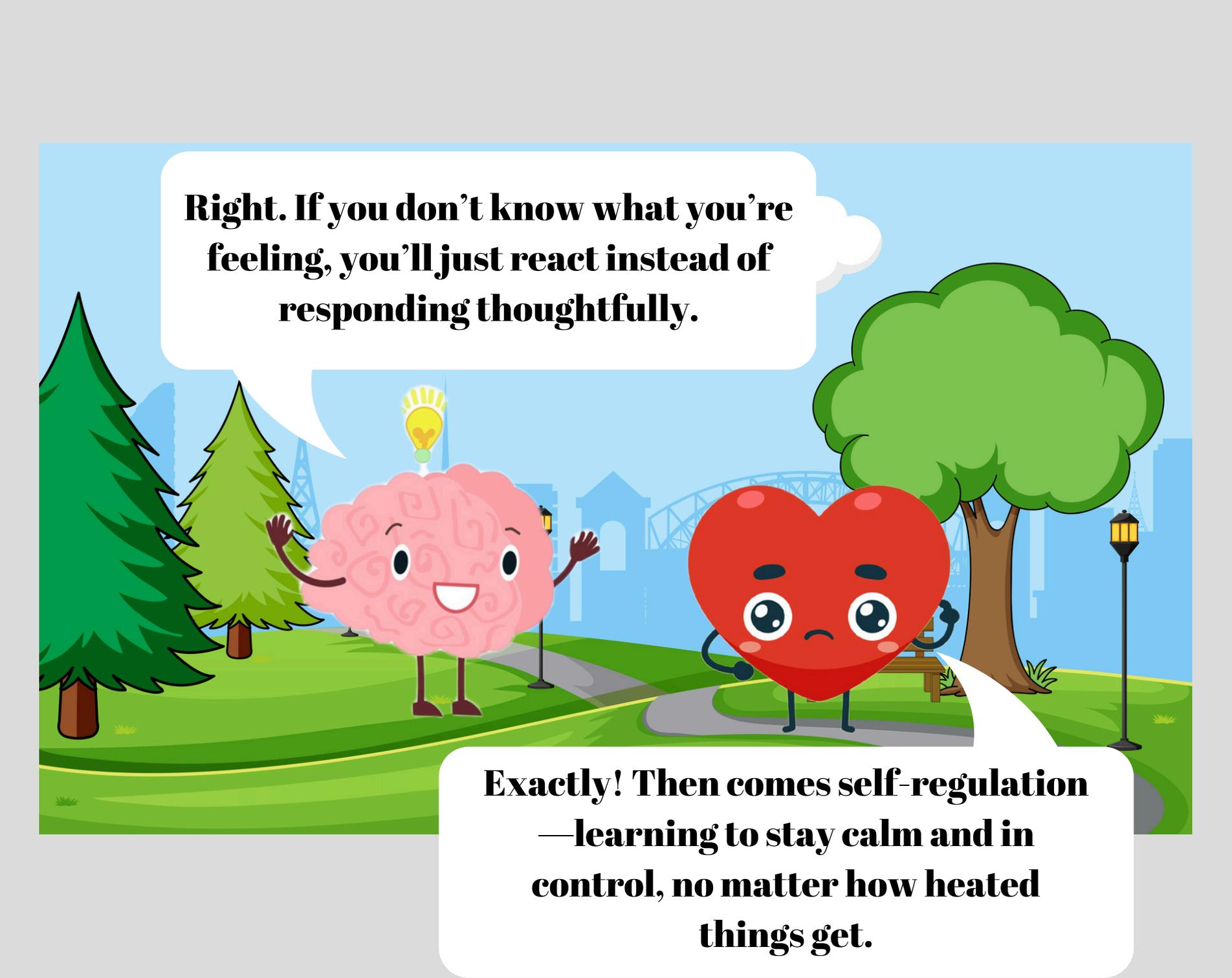
**Relationships are complicated,
Hearty. Managing them can feel like
juggling flaming swords while
blindfolded.**

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



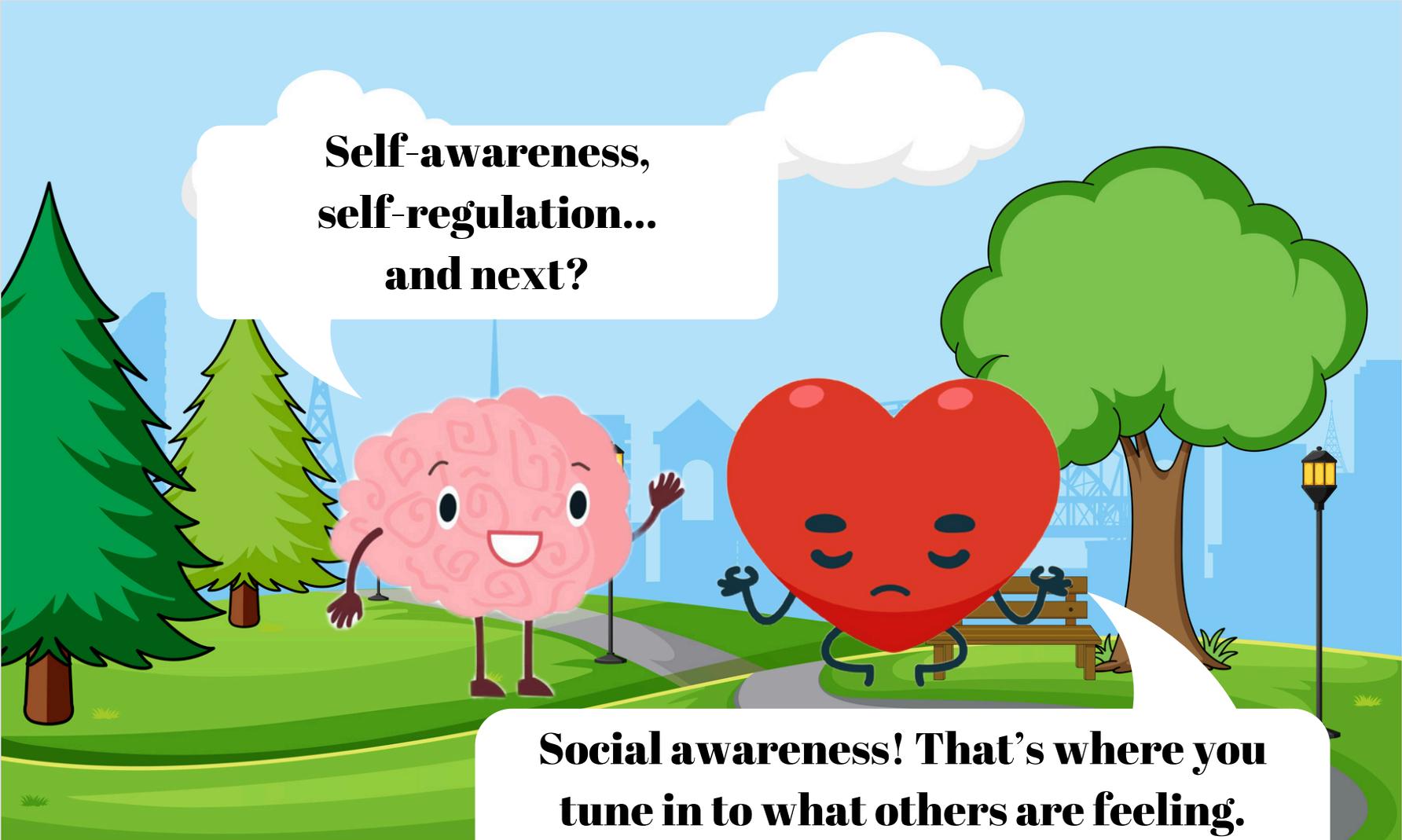
**Fine, but let's break it down.
Managing relationships—how
does it even start?**

**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.

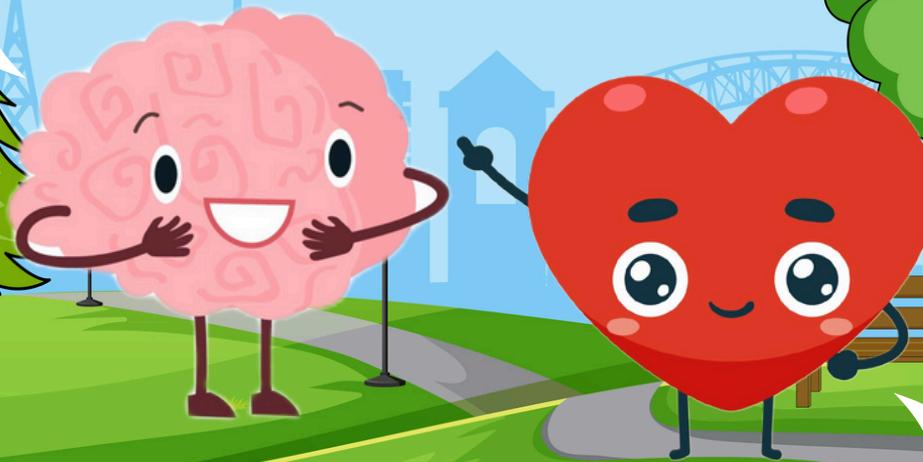
Exactly! Then comes self-regulation —learning to stay calm and in control, no matter how heated things get.



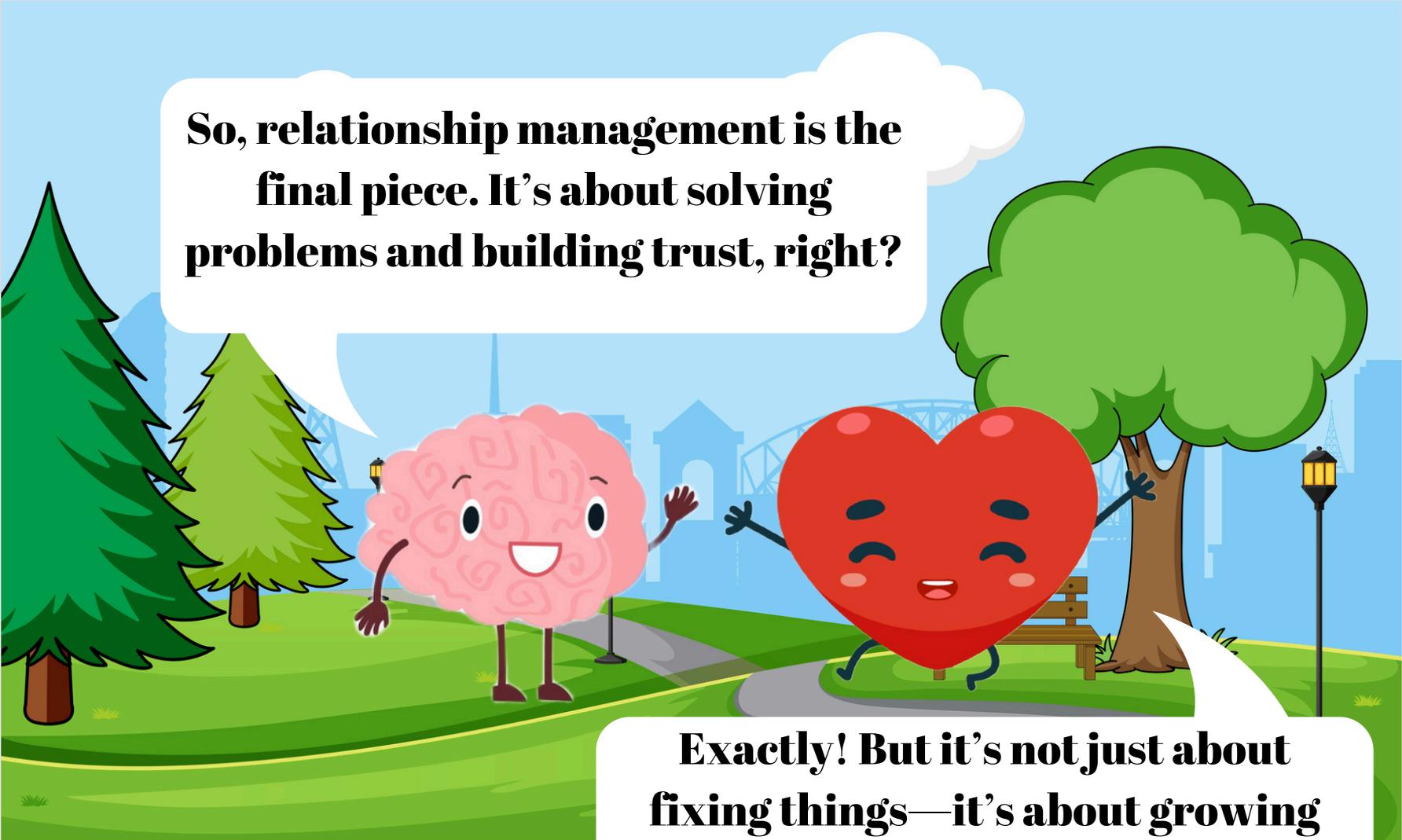
**Self-awareness,
self-regulation...
and next?**

**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.



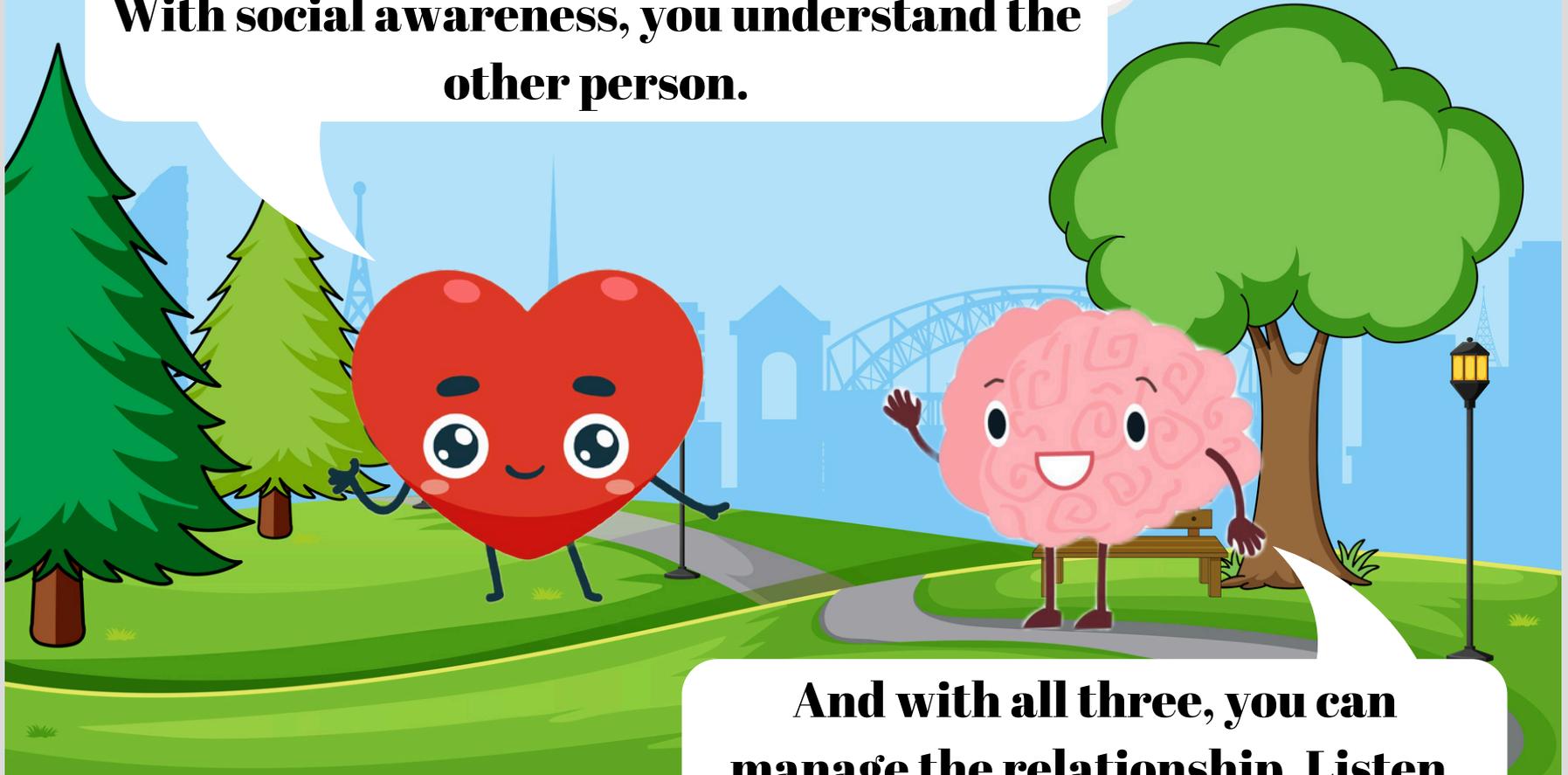
Bingo, Brainy! That's where the magic happens.



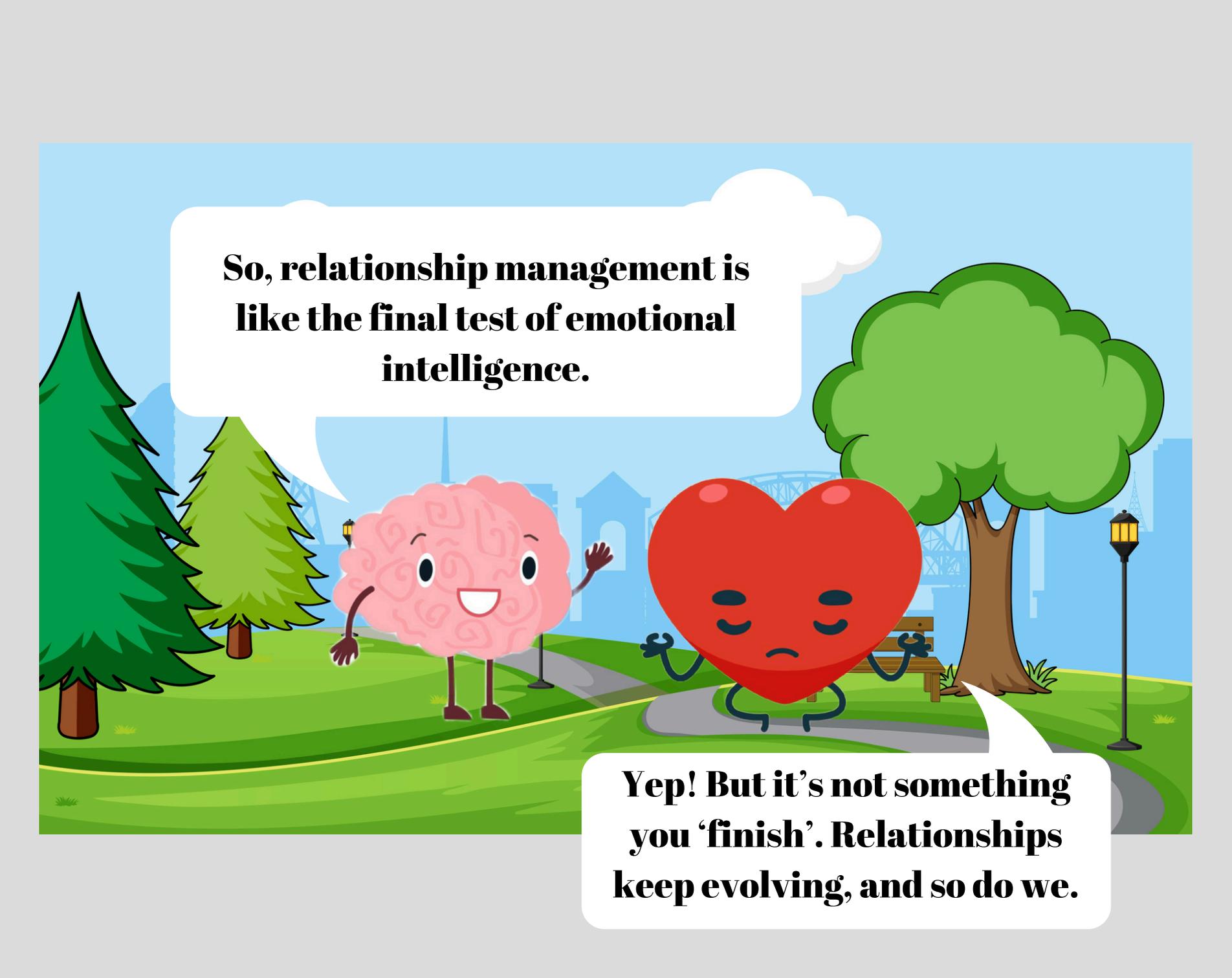
So, relationship management is the final piece. It's about solving problems and building trust, right?

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.

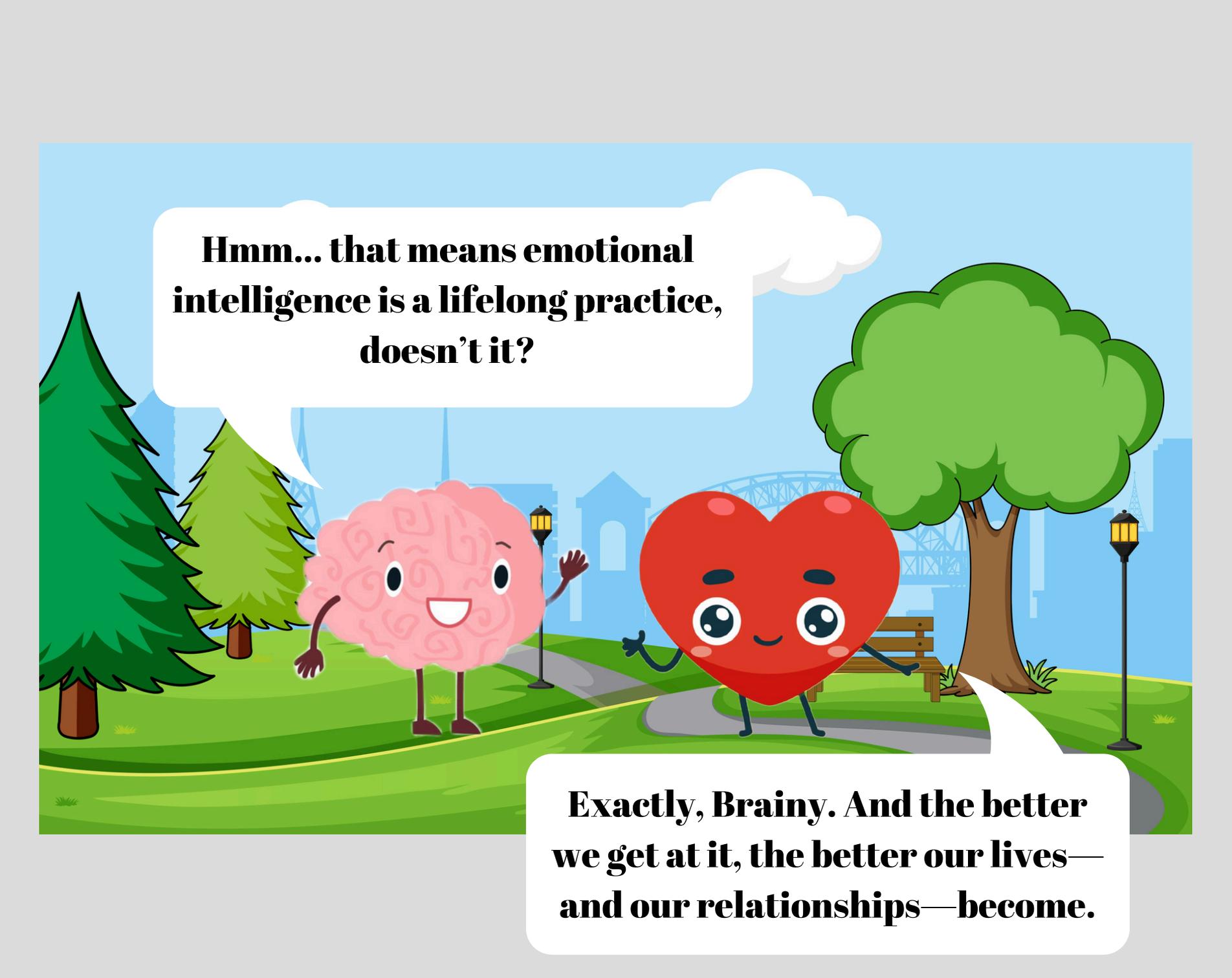


And with all three, you can manage the relationship. Listen, communicate, resolve conflicts... it all comes together.



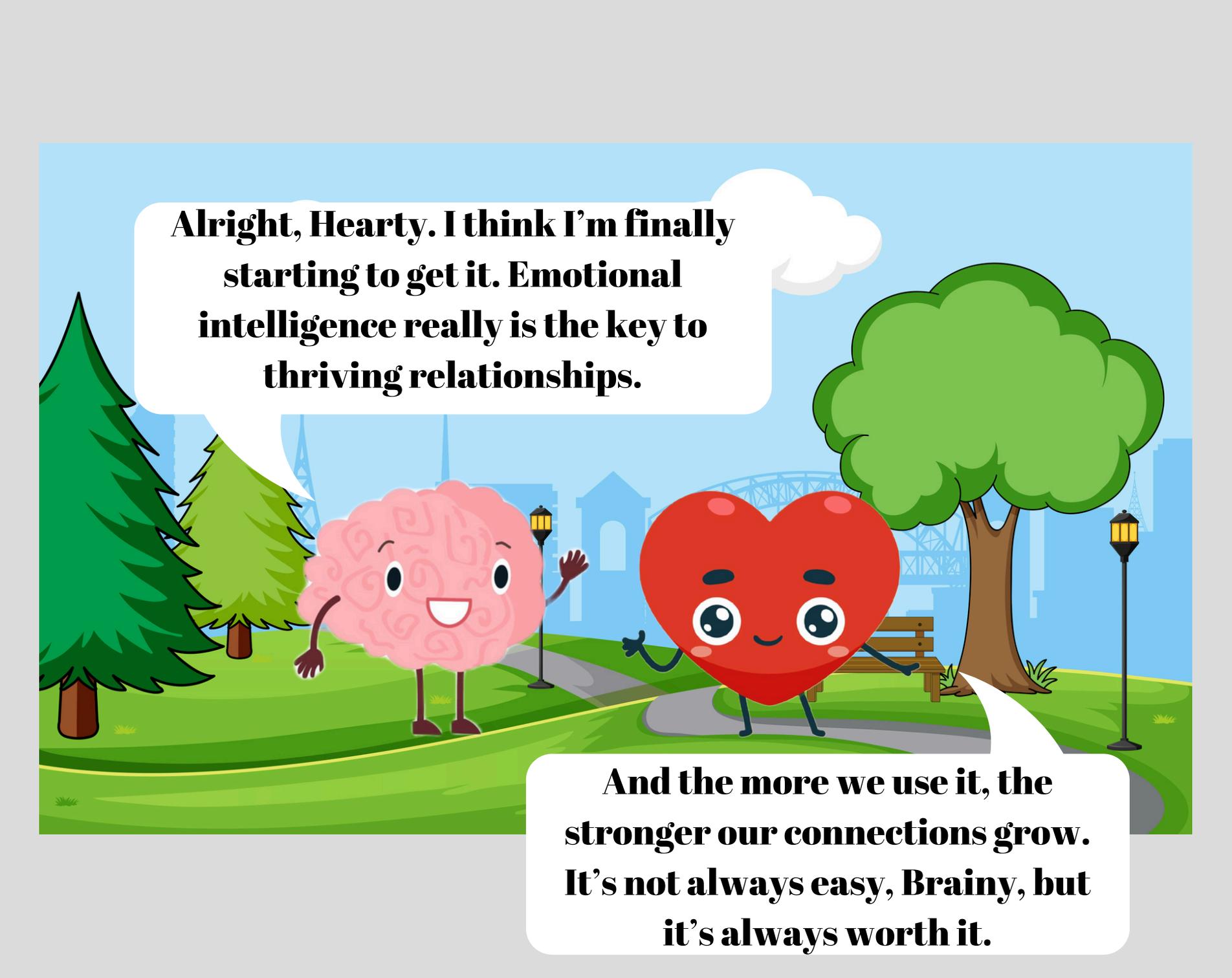
So, relationship management is like the final test of emotional intelligence.

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?

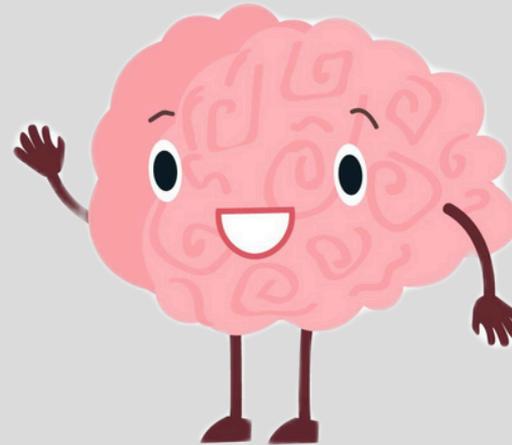
Exactly, Brainy. And the better we get at it, the better our lives—and our relationships—become.



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.**





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