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# Wellness Matters

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Your Healthy Body

## What Is Emotional Intelligence?

Emotional intelligence (EI), sometimes referred to as “EQ,” is the ability to understand and manage your emotions, as well as others’ emotions. It is similar to empathy, but empathy is only a component of the whole.

Some think of EI as “IQ for handling emotions.” In other words, EI determines how well you navigate situations wrought with emotion.

### Four Domains of EI

Most experts agree that the competencies comprising EI fall into four distinct categories, or “domains”; these are not personality traits, but pillars upon which EI is based. Within each domain are “soft” skills – sometimes inherent but also learnable. Those with high EI have strong soft skills across all domains, while others may excel in only a few.



- 1) **Self-awareness:** this competency is defined as realizing your strengths and weaknesses, and how you affect others. Skills include a team-player attitude, good listening, the ability to self-identify the need for personal improvement, and clear communications.
- 2) **Self-management:** refers to the ability to appropriately express emotions and exercise restraint when necessary. Defining skills are self-motivation, adaptability, positivity, and self-restraint.
- 3) **Social awareness:** defined as empathy; having compassion and understanding of others. Skills include openness to mediation and compromise, trusting, trustworthy, or kind.
- 4) **Relationship management:** this domain is the focus on

building bridges, reducing conflict, and inspiring leadership. Those with good coaching/mentoring abilities, who work easily with others, and manage conflict well score high in this category.

### Better EI Is Possible

There is always room to improve our EI competencies. We all have “bad days” when arguing, oversensitivity, or stubbornness overcome us. But the key is to identify this, reset, and strive for better behaviors. Watch for more on this in coming issues.

## Diabetes Risk

November is [American Diabetes Month](#). Millions of Americans are living with some form of diabetes, typically Type 1 or Type 2. Know your [risk](#): for instance, if you are obese, physically inactive, or have hypertension or high cholesterol, talk with your doctor.

## Winter Safety: Driving

Losing control of a car is undoubtedly one of the most frightening experiences behind the wheel. Unfortunately, it is a potential side effect when the temperatures turn frigid and the roads get slick with ice or snow.

One of the most dangerous winter driving hazards is skidding, which, at high speeds, could result in a nasty crash. To prevent an unnecessary skid, slip or accident, consider the following accident prevention techniques.

- Slow down ahead of turns and curves, as this will allow you to prepare for potential icy spots.
- When at a curve, apply power slightly to the gas and steer steadily. Do not change directions abruptly and refrain from braking suddenly.
- Be prepared for lane changes. Check your rearview mirror and blind spot, and then signal your direction to alert other motorists.
- When changing lanes, move over in a long, gradual line with minimal steering changes.
- Look out for ice patches, piles of wet leaves, and shady areas. These areas are skidding hazards.
- Anticipate stops by slowing down gradually, well ahead of intersections. These areas are generally slicker than other parts of the road because of the excess starting and stopping traffic.
- Drive at reduced speeds. Slow your speed and increase your following distance behind the vehicle in front of you. This will allow for a larger buffer in case you start to lose control.
- Avoid overpowering in deep snow.
- Use a light foot on the accelerator (rather than slamming on the gas to move forward).

If your car starts to skid, try not to panic. Steer in the direction that the vehicle is sliding until you feel the wheels regain traction. Then, slowly straighten your wheels and keep rolling. If you need to brake before your tires regain traction, apply the brake carefully so that you do not lock your wheels.



## Healthy & Delicious Get Your Fill of Flavonoids

Flavonoids can help reduce your risk of disease, according to a [study](#) published in the Nature Communications journal.

Flavonoids are a diverse group of naturally occurring plant chemicals that pack a powerful punch of antioxidants and anti-inflammation properties. There is a wide variety of foods that are considered flavonoids, including strawberries, blueberries, green and black tea, onions, kale, and celery.

The research found that those who consumed at least 500 milligrams (mg) of flavonoids per day had the lowest risk of developing cancer or heart disease. It's easier than you think to reach that daily goal with, for example, one cup of green tea, 100g of blueberries, and 100g of broccoli.

Notably, the health-boosting effects of flavonoids appeared to be strongest for smokers and those who drink more than two alcoholic beverages per day.

The study's authors note that flavonoid consumption shouldn't be used as a quick fix to remedy poor habits, but when combined with an overall healthy lifestyle, it could be useful for keeping disease at bay.