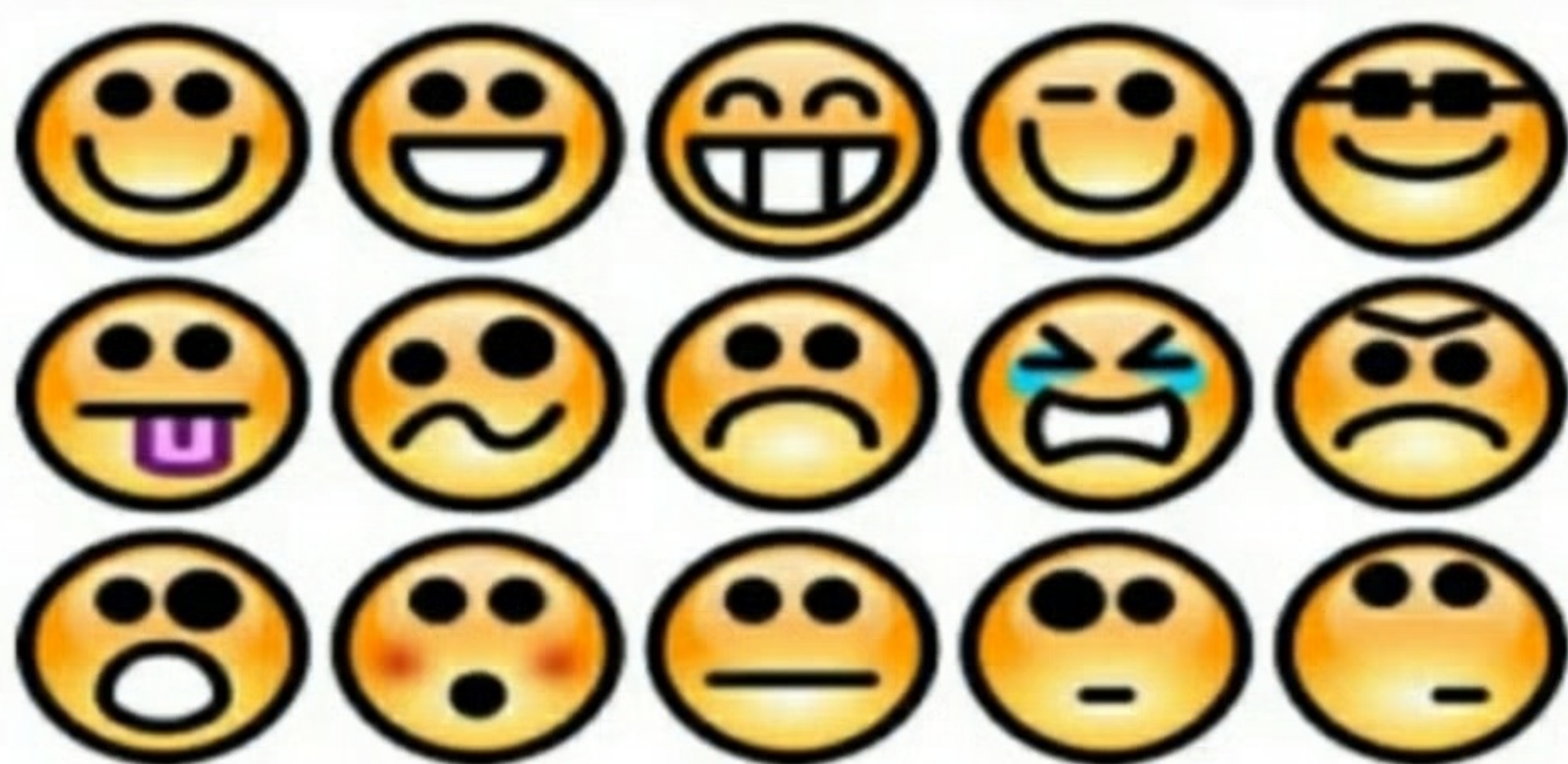


*Join us for our New
Sunday Morning Series*

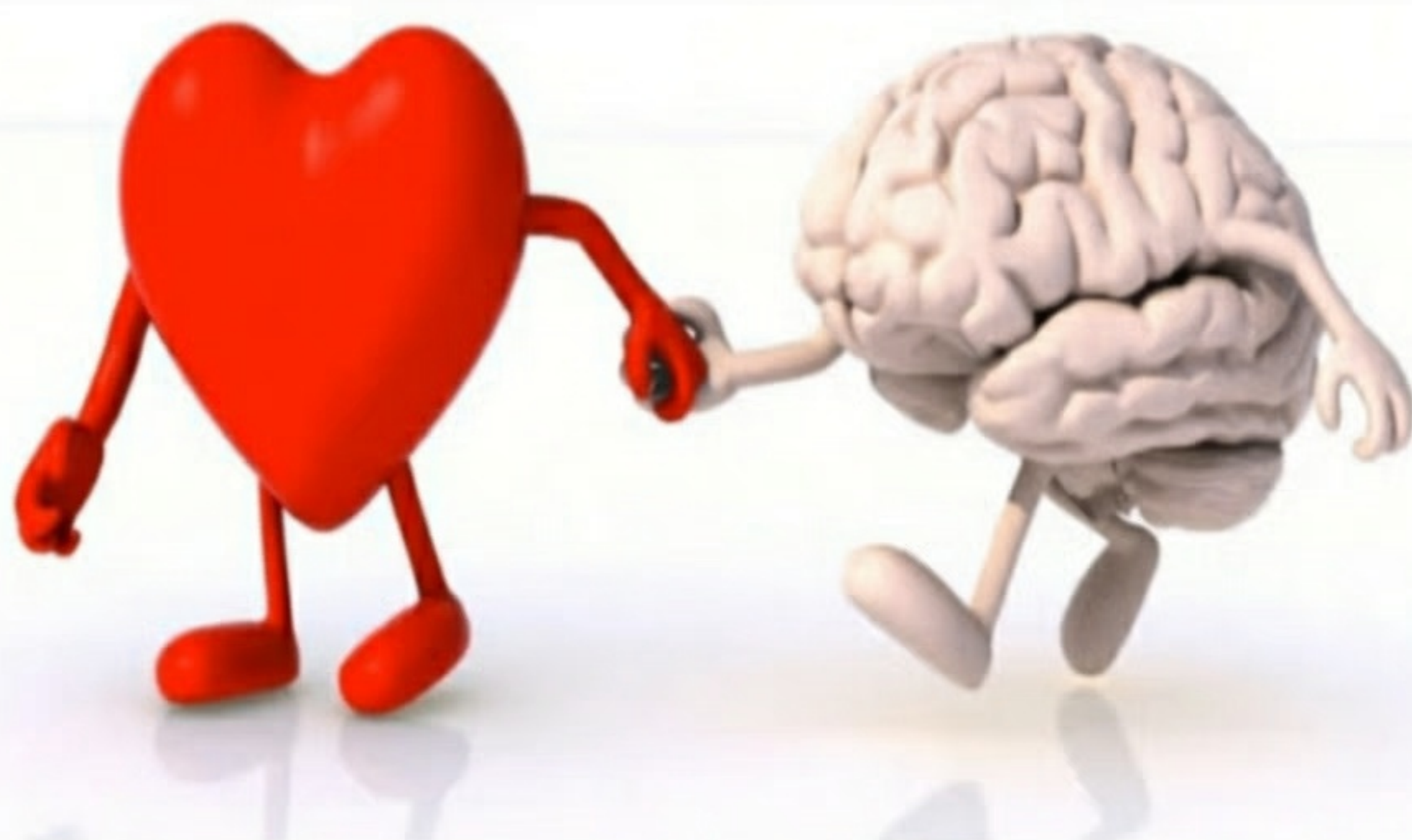
***EMOTIONAL HEALTH,
EMOTIONAL INTELLIGENCE
& BIBLICAL WISDOM***



Did you know emotional
intelligence (or EQ) is a far
greater predictor of
effectiveness than IQ.

SUNDAYS @ 10:00AM
In Person & Online
SOUNC.ORG

*We will look at the 10 Essential
Traits of Emotional Health and the
Emotional Enemies of our Heart &
How we might Overcome Them!*



*Your emotional health
(or lack thereof) is already
affecting far more than you
think at work and at home.*

**SUNDAYS @ 10:00AM
In Person & Online
SOUMC.ORG**

THE 10 ESSENTIAL TRAITS OF EMOTIONAL HEALTH

Dr. Hal Baumchen

[1]

STAY HONEST

Stay honest with yourself and others. Personal strength and emotional stability is built on integrity and transparency.

[2]

STAY DETERMINED

Find your primary reason for doing the work of emotional recovery and keep it first and foremost.

[3]

STAY PEACEFUL

Make every effort to be a peacemaker, overlook offenses, and stay serene and calm.

[4]

STAY INTENTIONAL

Get rid of haphazard and random living. Stay deliberate, determined, and purposeful.

[5]

STAY GRATEFUL

Remain humble and accepting. Be grateful for another chance to get your life back.

[6]

STAY BALANCED

Keep work, love, projects, and people integrated in a finely tuned harmony.

[7]

STAY POSITIVE

Keep a positive, upbeat, and optimistic attitude. Smile, laugh, and enjoy your life.

[8]

STAY STRONG

Be known for the best attitude, best effort, and best character. Finish strong.

[9]

STAY CONNECTED

Stay close to those who support your recovery and distance yourself from those who do not.

[10]

STAY HOPEFUL

Remain confident that your future is filled with the promise of good things to come.



THE 10 ESSENTIAL TRAITS OF EMOTIONAL HEALTH

"Emotional Intelligence & the Heart" (Intro)

Prov 4:23 "Keep your heart with all diligence, For out of it spring the issues of life."

Emotional Intelligence

Components of Emotional Intelligence

Sun, 5/1



[1] STAY HONEST

Stay honest with yourself and others. Personal strength and emotional stability is built on integrity and transparency.



[2] STAY DETERMINED

Find your primary reason for doing the work of emotional recovery and keep it first and foremost.

"Staying Determined, Honest & Self Aware"

(Bonus: Breaking Free of Jealousy)

1 Cor 15:58 "Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord"

SELF AWARENESS

Sun
5/8

Knowing yourself

"Mothers Day"



[3] STAY PEACEFUL

Make every effort to be a peacemaker, overlook offenses, and stay serene and calm.



[4] STAY INTENTIONAL

Get rid of haphazard and random living. Stay deliberate, determined, and purposeful.

"Staying Peaceful, Purposeful & In-Check"

(Bonus: Breaking Free of Anger)

Col 3:15 "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful"

SELF MANAGEMENT

Sun
5/15

Managing your emotions



[5] STAY GRATEFUL

Remain humble and accepting. Be grateful for another chance to get your life back.



[6] STAY BALANCED

Keep work, love, projects, and people integrated in a finely tuned harmony.

"Staying Humble, Balanced & Inspired"

(Bonus: Breaking Free of Arrogance)

James 4:10 "Humble yourselves in the sight of the Lord, and He will lift you up"

MOTIVATION

Sun
5/22

Motivating yourself



[7] STAY POSITIVE

Keep a positive, upbeat, and optimistic attitude. Smile, laugh, and enjoy your life.



[8] STAY STRONG

Be known for the best attitude, best effort, and best character. Finish strong.

"Staying Positive, Strong & Compassionate"

(Bonus: Breaking Free of Greed)

Isaiah 41:10 "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."

EMPATHY

Sun
5/29

Managing other people's emotions



[9] STAY CONNECTED

Stay close to those who support your recovery and distance yourself from those who do not.



[10] STAY HOPEFUL

Remain confident that your future is filled with the promise of good things to come.

"Staying Connected, Confident & Social"

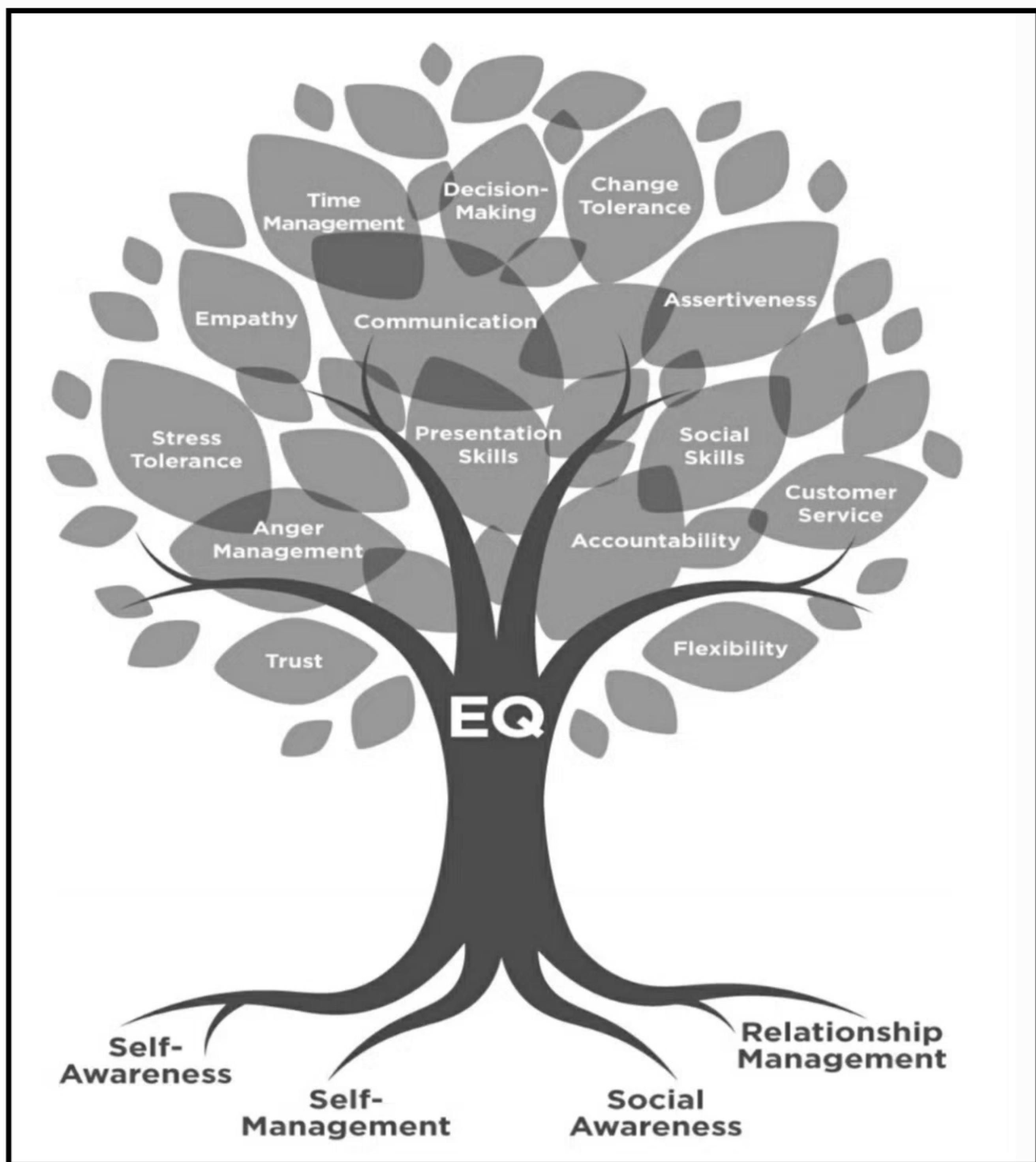
(Bonus: Breaking Free of Shame)

Ecc1 4:12 "A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."

SOCIAL SKILLS

Sun
6/5

Managing relationships



How to use the Emotion Wheel

The emotion wheel is a tool that enables people to describe and verbalize their emotions, as well as understand the relationship between and intensity of their feelings. The ability to articulate and identify emotions is an important component of emotional intelligence.

People can use the wheel to identify their emotions and come to terms with how they are feeling, make informed decisions, seek resolution, gain closure, and, ultimately, become more self-aware and self-compassionate.

