

## YOUR DENTIST CAN SAVE YOUR LIFE

# How to practice 'emotional intelligence,' Part 2

In our last feature we discussed "emotional intelligence", understanding our emotions so we can better manage them. Developing this ability can have a positive influence on our lives — and — how we are able to affect the behavior of others including colleagues, family, and friends.

We are not born with emotional intelligence. It can be learned and with practice strengthened.

Can each of us benefit from taking this step? Ask yourself: Do you sometimes feel misunderstood? Do you easily get upset? Are you sometimes overwhelmed by your emotions?

Do you find it hard to assert yourself?

Just about all of us can answer "yes". So, if we want to improve ourselves — and our happiness and success in life — what are the behaviors we can learn to boost our emotional intelligence?

Experts in human behavior focus on four key areas, all of which when combined can be

of significant benefit:

1. Self-awareness. Look inside and try to understand the way you think, how you feel and how you behave. Consider: things that irritate us in others may actually be a reflection of what we dislike in ourselves. Ask yourself, "Do I do that?"



**Dr. Gabrielle F. Cannick**

2. Self-regulation. Could our emotions be getting in our way? Pause and take a deep breath in stressful situations. Think before you speak or act. Not containing negative emotions can set off negative emotions in others.

3. Social Awareness. Put another way try to understand what the other person is feeling. Try to recognize strengths and differences in those around you by really listening to that

person and showing them respect.

4. Social skills. The adage applies, "Alone we can do so little; together we can do so much." In the past year we have found ourselves limited in our interactions with others. Time to overcome. Here are drills to follow: Look the other person in the eye. Smile. Remember names. Greet everyone. In conversation ask questions. Show interest in what is important to the other person. Lastly, to really grow in our emotional intelligence ask for feedback about yourself. It can be tough. But good feedback is the fastest and most effective way to grow and improve ourselves. We need to find the courage to ask — and accept.

The highest level of emotional intelligence is reaching that point where we become clear about what really matters to us. Why am I here? What am I called to do? What for me makes a fulfilling life I can be proud of? Let us resolve to take this journey. We can make a difference. If you have questions, or would

just like to talk, feel free to call. We are here to help you. Think of us as your hometown resource for guidance and support.

*Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine.*

*For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [grandoaksdental.com](http://grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>*



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