

DR. MITCHEL ADLER

How to **BOOST** your Emotional Intelligence and **THRIVE**.

EMOTION IS USED FOR SURVIVAL

When we are aware of what we are feeling, then we have choices.

* RECOGNIZE *
* RESPOND *

EMOTION IS A MIX OF THOUGHTS + PHYSIOLOGY.

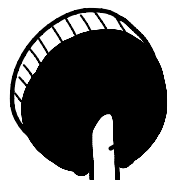


EMOTION IS DATA TO INFORM CHOICES TO NAVIGATE OUR WORLD.

4 BASIC EMOTIONS



- MAD... SENSE OF INJUSTICE.
- SAD... SENSE OF LOSS.
- GLAD... SENSE OF PURPOSE. + PLEASURE
- SCARED... SENSE OF FEAR

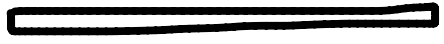
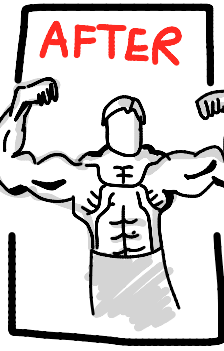
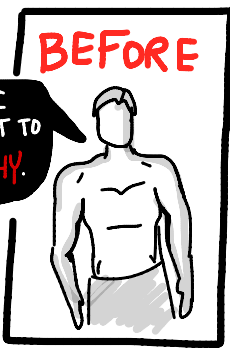


Emotions emerge because of triggers.

What are the buttons in your life?

If you know what they are, you can proactively manage it.

ACTUALLY, I JUST WANT TO BE HEALTHY.



livehappy.com

#wakeuphappy

