



WARRIOR TOUGHNESS: CRITICAL SKILLS

Managing Emotions: Developing Emotional Intelligence (EQ)



EQ is the ability to understand and manage your own emotions as well as the ability to recognize and influence the emotions of others. It is important to recognize your emotions and how they affect your performance, your relationships, and your ability to lead.

SELF-AWARENESS BEST PRACTICES FOR BUILDING EQ

ASK YOURSELF:

- Do I understand my emotions as they happen?
- Can I handle stress and feedback?
- Do I manage conflict well?

FEEDBACK FROM OTHERS

Feedback, even from family or friends, helps you recognize emotional blind spots.

MINDFULNESS

Practicing mindfulness helps you track how emotions shape your thoughts and behaviors.

SELF-TALK AWARENESS

Pay attention to what you say to yourself. Self-talk can fuel your emotions, both positively and negatively.

JOURNALING

Writing things down builds awareness. Journaling makes space to process stress and track progress.

WARRIOR ETHOS REFLECTION

Remember your purpose. Why did you raise your hand? Use that emotional energy to stay locked in.

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

