

Mindfulness and Emotional Intelligence

Strive Newsletter: July 2018

Mindfulness is about bringing one's complete attention to the present

Emotional intelligence is the ability to identify and manage your own emotions and the emotions of others

Quote of the Month

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor."

Thich Nhat Hanh



Video of the Month

An Experiment in Gratitude | The Science of Happiness
<https://www.youtube.com/watch?v=oHv6vTKD6lg>

Journaling prompt

Something I would like to understand better is

Engaged People Thriving at Work

#StriveToBeMindful #Mindful2018

