

## Mindfulness and Emotional Intelligence

### Strive Newsletter: May 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*

### Article of the Month

Sharon Darmody, Give Journaling a Chance!

<https://www.thriveglobal.com/stories/26116-give-journaling-a-chance>



### Quote of the Month

"In this moment, there is plenty of time. In this moment, you are precisely as you should be. In this moment, there is infinite possibility."

*Victoria Moran*

### Video of the Month

Why Mindfulness is a Superpower: An Animation | Video length: 2:43

<https://www.youtube.com/watch?v=w6T02g5hnT4>

### Journaling prompt

*When I am at my best I.....*

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*Engaged People Thriving at Work*

#StriveToBeMindful #Mindful2018

