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## Emotional intelligence and social intelligence difference

Last updated on December 17, 2020 Let's Face It, however positive and uply your office environment is, your employees still suffer from stress every now and then. These tensions can come from countless sources, including: excessive work, pressure of deadlines, and lack of proper rest. For example, your sales team may be close to the end of your quarter and are committed to delivering the best possible results. While this is a worthy goal, team members risk pushing themselves too far and leaving themselves draining energy and running full of tension. It's at times like this that all your employees can negatively affect. It is not new that stress can lower productivity or even work quality is one of the symptoms of stress, which can lead to lower productivity. This means that if many (or all) of your employees start showing signs of stress, then you can be sure that your company's overall productivity will hit. If you have been aware that your employees are suffering from stress, then it is time to take some action to reduce or eliminate this burden. One great way to do this is to introduce your employees to the positive benefits of meditation. Research shows that people who med meditation regularly are more likely to experience the following benefits: an enhanced ability to concentrate. Improvements in memory. Less fatigue. Increased perception. Reduce stress. These are just a small selection of benefits that meditation can offer, and it perfectly makes sense that meditation is a great tool for increasing employee performance. (And in turn, increase your company's overall performance.) Imagine for a moment, that your staff took a 5-10 minute daily break from your work to practice meditation. Not only will they and their company see an uptick in productivity, but their employees will also naturally increase their discipline. They also found it easier to maintain a positive mindset. What exactly is the Stop, Breathe & Think app? Hopefully, I've given you enough reasons to inflame your interest in making regular meditation part of your office environment. You may already be thinking: What then? How can I introduce meditation to my employees? Well, here at Lifehack, we've come across a great app call Stop, Breathe & Think. We believe that the program is the ideal way to kick-start regular meditation sessions in an office setting. While the app is available as android or iOS downloads, these are primarily for personal users. When it comes to office meditation, then Stop, Breathe & Think is available as a handy Slack plug-in. Once your Slack account is enabled, Stop, Breathe & Think will allow individuals or groups to plan mindfulness activities. These activities include short breaks to facilitate improved mind and body. Breathing exercises to condition thoughts, emotions and reactions. Personal meditations to help bring peace and overall harmony. How the app will help your employees become more A huge weight of research showing the benefits of meditation, slack plug-ins are the perfect way to help their employees start with this positive habit. Let's take a look now at some of the great features that the app offers. App users can learn the basics of meditation – and try different types. The app redirects users to the most appropriate meditation by choosing how they feel at the time. Meditation is timely so that users can relax completely, knowing that the app will alert them once their scheduled meditation time is complete. The app also enables users to see how their emotional state has curled up over the course of a week, month or beyond. Fun, and easy-to-follow visual steps encourage users to complete regular meditation. A healthy office environment can lead to healthy company performance, daily work stresses can often lead to build anxiety and tension in employees. This can then have a knock on your company's performance. Fortunately, on the contrary - healthy, ups and downs of the work environment, it can increase employee movement and productivity. And this naturally leads to overall performance gains for your company. With the help of Stop, Breathe & Think, your company will not need to allocate large funds (and find extra time) to organize leisure events and other stress relief activities. Instead, the app will effortlessly help your employees to be calmer, happier and more motivated. So, why don't you try it? Last updated on December 18, 2020 Inherently, the seasoned passenger doubles as a social butterfly. They can strike a conversation on a whim and somehow manage to find common ground with people from all walks of life. Traveling on your own can be incredibly eye-opening and enriching, but it will also equip us with the skills that are needed to succeed. Communication and interagency skills are features that can be learned and honed. These skills are applicable in everyday life and can be translated into professional environments. We inherently closed offFor my first single travel experience, I had recently arrived in San Francisco for externship. There was an issue with our train and we had to switch to a new train on the next platform. A gentleman speaking politely decided that now his mission is to help me move my stuff to the next train although I intended well, but I was terrified. I'm not used to the kindness of strangers, I actually thought he was trying to steal me or worse. Kindness is somewhat regional. And growing up in the three-state district, I was conditioned to be extremely skeptical. Interacting with strangers seemed incredibly taboo. It's a shame to admit, but social skills have fallen side by side. We've forgotten how to talk to each other. But still more terrifying, a lack of effective communication will ultimately lead to a lonely life. Keeping passion alive A The wise man once said to take them on a trip before fully committed to someone. This wise man is Bill Murray and he was telling the truth travel can be a very vulnerable time for many, often times it can take out the worst in people. But if you are able to overcome the inevitable obstacles that will come during your journey, travel has been proven to strengthen relationships. This gives yourself and your partner the opportunity to share a common goal. Just being in a different environment, free from all your day-to-day commitments that tend to be in a way that will help reign romantically and intimacy. This will give you both the chance to re-visit some of the issues that normally start arguing- in a safe, romantic environment. Couples who travel together regularly have announced a more effective relationship with each other than those who do not. You will never see the world the same greatest manifestation one can experience as they plung themselves into a traveling lifestyle realizing that not every things the way that you do. Not everyone lives the way you live, different cultures harbor different philosophies and priorities. Breathe, relax, enjoy growing where results are expected moment by moment. I don't do well to expect the idea. I mean, what's keeping? I gave my orders, and now I want it, clearly, that the insatianiity of my entire face, the server that took my order, asked me so innocently, Why did he look sad? You will have a few extra moments to enjoy life before receiving your meal. he was so right . Why am I upset? i had nowhere to be . So I took his advice, I took it in a deep breath, taking in all the beauty that surrounded me. Patience is a virtue. and when youre traveling , you have no choice but to be patient . Learn to roll with punch everything works as planned, everything is bound to go wrong. When you're traveling, you're incredibly vulnerable to this false perhaps, with very little security if things happen to go your way. It can be incredibly unnerving the first few times around. This can even prevent some from deciding to continue. But if you can hack it and visit as they come, you will eventually develop the patience of the saint. bad things are going to happen . You'll find another way when things don't work, not only do you have to be patient, but adapt. You should be able to re-collect and strategize, or at least accept the situation on hand and roll with it. It's not a situation – it's your reaction to landslide positive effects, increasing your patience and adaptability in turn will make you a kinder, less skeptical person. Because at this point, you get it. We're all human beings and we're doing our best to deal with it, so just stay cool, conflicts will arise, and how you choose to handle them will determine the outcome. Alternative forms of CommunicationEverything that are new and unfamiliar can seem terrible. When you are traveling abroad, specifically if you are traveling alone. If you're something like me, you're discouraged in somewhat abrasive beats from culture shocks. Everything is so foreign, so unbelievably different. This can make communication difficult. I don't literally speak their language. Chances are, I don't want to become fluent overnight or anywhere in the near future. But I can still ease my struggle with learning a few key phrases in the language where I visit in order to get by in everyday life. It's more likely that I'll butcher his pronunciation, the average person will get a gist of what I'm trying to say and appreciate trying regardless of poor execution. Nonverbal communication will become the grace of your salvation. You will develop the ability to convey your meaning without words. Without understanding, you may start to mirror the behavior of those around you to create a foundation of common ground. Right in this short time, you're evolving. You have picked up new customs that will channel your existing personality and habits. This experience literally becomes part of you, changing how you think and how you behave. Special Photo Credit: VideoHive via videohive.net videohive.net

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