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Emotional Literacy



Emotional Literacy

- Our children currently have more:
 - Withdrawal or social problems
 - Anxious and depressed
 - Attention or thinking problems
 - Delinquent or aggressive
 - Drug use
 - Teenage pregnancy
- Possible reasons:
 - Family dysfunction

Emotional Literacy: Family

- Tame aggression (bullying)
 - Aggression rarely a justified behavior
 - Increase self perception
 - Teach negotiation skills
 - Understand the other person's perspective
 - Improve the family environment
- Preventing depression
 - Improve relationship skills
 - Adjust emotional response to failure, rejection
 - Socialize

Emotional Literacy: Family

- Eating disorders
 - An inappropriate way to react to setbacks.
 - Need to find alternative way to deal with them
 - Coaching for friendship
- Drug use
 - Alcohol
 - Anxiety relief
 - Agitation, impulsivity and boredom
 - Other drugs
 - For depression symptoms

Common Preventive Pathway

- Information is not enough
 - Teach essential emotional skills
 - Defend their rights and boundaries
- Develop good emotional skills
 - Self-awareness
 - Identifying, managing and expressing feelings
 - Impulse control
 - Delayed gratification
 - Handling stress and anxiety

Schooling for Emotions

- Cooperation
 - Tolerance
 - Acceptance of own mistakes
 - Language used
 - Choice of words
 - Emotional vocabulary
 - Non verbal communication
 - Eye contact
 - Attentive listening

Schooling for Emotions

- Impulse control
 - Red light:
 - Stop, calm down, think before you act
 - Yellow light
 - Say the problem and how you feel
 - Set a positive goal
 - Think of lots of solutions
 - Think ahead of the consequences
 - Green light
 - Go ahead and try the best plan

Schooling for Emotions

- Problem solving
 - SOCS:
 - Situations
 - What is it and how it makes you feel
 - Options
 - Think of as many as possible
 - Consequences
 - Positive and negative
 - Solutions
 - Execute it

Summary: Emotional Self Awareness

- Improvement in recognizing and naming own emotions
- Better able to understand the causes of feelings
- Recognizing the difference between feelings and actions

Summary: Managing Emotions

- Better frustration tolerance and anger management
- Fewer verbal put-downs, fights and disruptions
- Better able to express anger appropriately, without fighting
- Fewer disciplinary actions
- Less aggressive or self instructive behavior
- More positive feelings about self, school, family
- Better at handling stress
- Less loneliness and social anxiety

Summary: Harnessing Emotions Productively

- More responsible
- Better able to focus on the task at hand and pay attention
- Less impulsive; more self control
- Improvement in performance

Summary: Empathy; Reading Emotions

- Better able to take another person's perspective
- Improved empathy and sensitivity to other's feelings
- Better at listening to others

Summary: Handling Relationships

- Increased ability to analyze and understand relationships
- Better at resolving conflicts and negotiating disagreements
- Better at solving problems in relationships
- More assertive and skilled at communicating
- More popular and out going; friendly and involved with peers
- More sought out by peers

Summary: Handling Relationships

- More concerned and considerate
- More “pro social” and harmonious in groups
- More sharing, cooperation and helpfulness
- More democratic and dealing with others

End