



Flexibility

While it's probably important that we can all do a yoga stretch that's not the "flexibility" we're talking about here. Emotional intelligent flexibility is defined as a skill where one is able to adjust their feelings, thoughts, and behaviors to changing situations, people that are different from themselves, and the possibility that we may not always be right. Flexibility impacts your optimism, happiness, stress tolerance, and problem solving.

Careful – don't confuse flexibility with spreading yourself too thin or being a doormat. Compromising your values and beliefs is not emotionally intelligent flexibility and will negatively impact your self-regard.

Things to practice:

Take a different route to and from work each day.

Purposely seek out someone that believes something differently from you and just listen to their perspective.