



Calvary Baptist Church

Open to all. Closed to none.

Resources for Wellness of Heart



Book: *Atlas of the Heart* by Brené Brown

Read along Resources with/for this book:
<https://brenebrown.com/read-along-resources/>

Book: *Self Compassion* by Kristin Neff

Book: *Why Emotions Matter* by Tristen K. Collins

Book: *The Whole Brained Child* by Daniel J. Siegel

Book: *All the Feels: Discover Why Emotions Are (Mostly) Awesome and How to Untangle Them When They're Not* by Elizabeth Laing Thompson

For BIPOC: *The Pain We Carry: Healing from Complex PTSD for People of Color* by Natalie Y. Gutierrez

Online: Emotional intelligence Tool Kit (download:
<https://www.helpguide.org/articles/mental-health/emotional-intelligence-toolkit.htm>)

TV Series: 5 Part HBO Series on Atlas of the Heart with Brené Brown
(<https://brenebrown.com/hbo-max-presents-brene-brown-atlas-of-the-heart/>)
Resources related to this series, including clips you can watch if you don't have HBO: <https://brenebrown.com/hubs/atlas-hub/>

Podcast: *Unlocking Us* with Brené Brown (<https://brenebrown.com/podcast-show/unlocking-us/>)

Ted Talk: *The History of Human Emotions* by Tiffany Watt Smith
(https://www.ted.com/talks/tiffany_watt_smith_the_history_of_human_emotions?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

Ted Talk: *The Gift and Power of Emotional Courage* by Susan David ([Susan David: The gift and power of emotional courage](#))

Podcast: “Making Decisions When Feelings Are Big” on *The Next Right Thing* Podcast by Emily P. Freeman

Book: *Burnout* by Emily and Amelia Nagoski

What Are the 4 Components of Emotional Intelligence

Researchers suggest that there are four different levels of emotional intelligence including emotional perception, the ability to reason using emotions, the ability to understand emotions, and the ability to manage emotions.

1. **Perceiving emotions:** The first step in understanding emotions is to perceive them accurately. In many cases, this might involve understanding nonverbal signals such as body language and facial expressions.
2. **Reasoning with emotions:** The next step involves using emotions to promote thinking and cognitive activity. Emotions help prioritize what we pay attention and react to; we respond emotionally to things that garner our attention.
3. **Understanding emotions:** The emotions that we perceive can carry a wide variety of meanings. If someone is expressing angry emotions, the observer must interpret the cause of the person's anger and what it could mean. For example, if your boss is acting angry, it might mean that they are dissatisfied with your work, or it could be because they got a speeding ticket on their way to work that morning or that they've been fighting with their partner.
4. **Managing emotions:** The ability to manage emotions effectively is a crucial part of emotional intelligence and the highest level. Regulating emotions and responding appropriately as well as responding to the emotions of others are all important aspects of emotional management.

Salovey P, Mayer J. Emotional Intelligence. *Imagination, Cognition, and Personality*. 1990;9(3):185-211.