Emotional Foundational Skills

* **Self-awareness:** Recognizing and understanding one's own emotions, including their triggers, intensity, and impact on thoughts and behavior.
* **Emotional regulation:** Developing strategies to manage and modulate one's emotions in healthy and constructive ways, such as deep breathing, mindfulness, or reframing negative thoughts.
* **Empathy:** Sensing and understanding the emotions, perspectives, and experiences of others, and demonstrating compassion and care towards their feelings.
* **Self-expression**: Communicating one's emotions and needs assertively and effectively, whether verbally, through creative outlets, or non-verbally through body language and facial expressions.
* **Emotional resilience:** Building the capacity to bounce back from setbacks, cope with stress, and adapt to challenging situations positively and productively.
* **Emotional literacy:** Developing vocabulary and understanding of a wide range of emotions and being able to label and articulate feelings accurately.
* **Boundaries:** Establishing and maintaining healthy boundaries in relationships, including knowing when to assert oneself, when to compromise, and when to seek support.
* **Self-compassion:** Treating oneself with kindness and understanding, especially during difficult times or when facing failure or criticism.
* **Social awareness:** Being attuned to social cues, norms, and dynamics, and understanding how one's emotions and actions impact others in social contexts.
* **Conflict resolution:** Navigating conflicts and disagreements constructively, by listening actively, communicating assertively, and seeking mutually beneficial solutions.