Why is emotional intelligence important?

Emotional intelligence is important because:

- it allows you to have awareness and control over what you do
- it results in lower levels of stress, which are associated with better health
- enables more satisfying friendships and lasting intimate relationships
- you can soothe yourself, and are therefore able to calmly focus, concentrate, and think when faced with a challenging situation
- it makes you more resilient. This means change and stress are easier to deal with.