

## Renewing the Mind Series #5 - Emotional Health

### Characteristics of Emotional Health

In his book titled "Emotional Intelligence - Why It Can Matter More Than IQ" 1995, [Daniel Goleman](#), an American psychologist, developed a framework of five elements that define emotional intelligence( Health ):

**Ecc. 11:10** Remove vexation from your heart, and put away pain from your body, for youth and the dawn of life are vanity.

#### **Ecclesiastes 11:10**

**So, remove grief and anger from your heart and put away pain from your body, because childhood and the prime of life are fleeting.**

1. **Self-Awareness** – People with high emotional health are usually very [self-aware](#). They understand their emotions, and because of this, they don't let their feelings rule them. **They're confident** – because they trust their intuition and don't let their emotions get out of control.

They're also willing to take an honest look at themselves. They know their strengths and weaknesses, and they work on these areas so they can perform better. Many people believe that this self-awareness is the most important part of emotional health.

- **Psalm 26:2- Examine me,(prove-me) O Lord, and try me; Test my mind and my heart.**
- **Proverbs 27:19- As in water face reflects face, So the heart of man reflects man.**
- **Psalm 62:8- Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us.**

2. **Self-Regulation** – This is the ability to [control emotions](#) and impulses (triggers). People who self-regulate typically don't allow themselves to become too [angry](#) or [jealous](#), and they don't make impulsive, careless

decisions. **They think before they act.** Characteristics of self-regulation are thoughtfulness, comfort with change, integrity , and the ability to say no.

- <sup>11</sup> A fool gives full vent to his spirit, but a wise man quietly holds it back.ESV **Proverbs 29:11. A fool always loses his temper, But a wise man holds it back.**
- **1 John 3:20- in whatever our heart condemns us; for God is greater than our heart and knows all things.**
- **Proverbs 16:32- He who is slow to anger is better than the mighty, And he who rules his spirit, than he who captures a city.**
- <sup>Ecc 7:9</sup> Be not quick in your spirit to become angry, for anger lodges in the heart of fools. ESV **Ecclesiastes 7:9- Do not be eager in your heart to be angry, For anger resides in the bosom of fools.**
- <sup>Pro 12:16</sup> The vexation of a fool is known at once, but the prudent ignores an insult. **Proverbs 12:16- A fool's anger is known at once, But a prudent man conceals dishonor.**

3. **Motivation** – People with a high degree of emotional health are usually motivated . They're willing to defer immediate results for long-term success. They're highly productive, love a challenge, and are very effective in whatever they do.

- **Proverbs 16:26- A worker's appetite works for him, For his hunger urges him on.**
- **Hebrews 10:24- and let us consider how to stimulate one another to love and good deeds,**
- **Romans 15:5- Now may the God who gives perseverance and encouragement grant you to be of the same mind with one another according to Christ Jesus,**
- **Daniel 3:16- Shadrach, Meshach and Abed-nego replied to the king, "O Nebuchadnezzar, we do not need to give you an answer concerning this matter.**

4. **Empathy** – This is perhaps the second-most important element of emotional health. Empathy is the ability to identify with and understand the wants, needs, and viewpoints of those around you. People with empathy

are good at recognizing the feelings of others, even when those feelings may not be obvious. As a result, empathetic people are usually excellent at [managing relationships](#) , [listening](#) , and relating to others. They avoid stereotyping and judging too quickly, and they live their lives in a very open, honest way.

- Ecc 7:9 Be not quick in your spirit to become angry, for anger lodges in the heart of fools. **ESV Ecclesiastes 7:9- Do not be eager in your heart to be angry, For anger resides in the bosom of fools.**
- **Philippians 2:4- do not merely look out for your own personal interests, but also for the interests of others.**
- 1 Corinthians 4:5- Therefore do not go on passing judgment before the time, but wait until the Lord comes who will both bring to light the things hidden in the darkness and disclose the motives of men's hearts; and then each man's praise will come to him from God.
- **Matthew 5:7- "Blessed are the merciful, for they shall receive mercy.**
- **Colossians 3:12- So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience;**

5. **Social Skills** – It's usually easy to talk to and like people with good social skills, another sign of high emotional health. Those with strong social skills are typically team players. Rather than focus on their own success first, they help others develop and shine. They can manage disputes, are excellent communicators, and are masters at building and maintaining relationships.

- **Daniel 1:9- Now God granted Daniel favor and compassion in the sight of the commander of the officials,**
- **Psalm 19:14- Let the words of my mouth and the meditation of my heart Be acceptable in Your sight O Lord, my rock and my Redeemer.**
- [Eph 4:15-16](#) Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, <sup>16</sup> from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.