

Everyday EI



Decision-Making and
Reality Testing

Did you know...

You can **stay objective** by recognizing and managing your emotions to ensure compassionate yet clear-headed care decisions.

Quick Tips for Using Emotional Intelligence in Palliative Care

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Did you know...

Engaging in team discussions helps verify facts and supports well-informed care decisions.

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Did you know...

Being aware of emotions and maintaining focus helps you identify patient needs and care options logically and empathetically.

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Did you know...

Practicing mindfulness can help you manage intense emotions and make better decisions.

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Did you know...

Managing stress is essential to avoid emotional reactions that can impact your ability to make good decisions

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Did you know...

Acknowledging and managing your unconscious biases can help you make better shared decisions with patients and their caregivers.

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