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An **Everyday EI** Quick Tip is a concise, easy to understand piece of information designed to enhance knowledge and application of Emotional Intelligence (EI) in daily activities.The tips are designed to reinforce key EI skills and behaviours with practical actions individuals can integrate into their daily routines.

**Everyday EI** tips highlight “pearls of experience” for applying EI in home-based palliative care.

You can use the following tips in your team communications, emails and newsletters . (These tips are also available in graphic images on the SPRINT Hub).

**Did you know…**

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

**Did you know ….**

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

**Did you know…**

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

**Did you know ….**

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



**Did you know ….**

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

**Did you know**

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

**Did you know …**

Using active listening and being aware of body language helps you make better shared decisions with patients and their caregivers.

**Did you know ….**

Using open-ended questions can help guide conversations and result in better shared decisions with patiens and their caregivers.