

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

Everyday EI



Decision-Making and
Reality Testing

Did you know...

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

Quick Tips for Using Emotional Intelligence in Palliative Care

Everyday EI



Decision-Making and
Reality Testing

Did you know...

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

Quick Tips for Using Emotional Intelligence in Palliative Care

Everyday EI



Decision-Making and
Reality Testing

Did you know...

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

Quick Tips for Using Emotional Intelligence in Palliative Care

Everyday EI



Decision-Making and
Reality Testing

Did you know...

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

Quick Tips for Using Emotional Intelligence in Palliative Care

Everyday EI



Decision-Making and
Reality Testing

Did you know...

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

Quick Tips for Using Emotional Intelligence in Palliative Care