

# Online resources for Emotion Management

**The Release Technique**, has been scientifically proven to improve significantly emotional health, manage worry, anger, stress, sadness and lead to inner calmness and peace in several US medical universities such as Harvard, State and others:

<https://releasetechnique.isrefer.com/go/RTWIRP/UNIKAL/>

**Wholetones Healing Music** has been clinically tested and proven to reduce stress, increase calmness, decrease anxiety, and worries, increase energy, and improve sleep: <https://wholetones.com/>

**Institute of Health and Human Potential** – a site that offers emotional intelligence tools and tips to help you perform your best when you're under pressure. [www.ihhp.com/resource-center](http://www.ihhp.com/resource-center)

**Practical Emotional Intelligence** – white papers, videos, infographics and articles on emotional intelligence.

[www.emotionalintelligencecourse.com/resources](http://www.emotionalintelligencecourse.com/resources)

## Articles

**How to Be Mentally Tough Without Sacrificing Emotional Intelligence** – a comprehensive article on how having mental toughness doesn't mean you have to settle with a low emotional intelligence.

<https://www.fastcompany.com/90367152/how-to-be-mentally-tough-without-sacrificing-emotional-intelligence?partner=rss>

**Share Your Emotional Intelligence with Hiring Managers** – an article that explains why you need to share your emotional intelligence level with hiring managers if you want to land the job.

<https://money.usnews.com/money/blogs/outside-voices-careers/articles/share-your-emotional-intelligence-with-the-hiring-manager>

## Podcasts

**The Emotional Intelligence Channel** – this podcast focuses on helping you learn more about emotional intelligence and how to use the skills, tools, and techniques within your organization to boost personal and team effectiveness.

<https://podcasts.apple.com/us/podcast/the-emotional-intelligence-channel/id642338902>

**Wellness Force Radio** – a global collective that is dedicated to mastering both physical and emotional intelligence in order to thrive in the modern world.

<https://player.fm/series/wellness-force-radio>

**Spirit of EQ Podcast** – a podcast dedicated to shaping and guiding the road ahead for people wanting to realize their full potential through emotional intelligence.

<https://player.fm/series/spirit-of-eq-podcast>

## Videos on Emotional Intelligence

**Why Aren't We More Compassionate** by Daniel Goleman – Daniel Goleman is a psychologist and award-winning author who contributed to the popularity of EQ. In this TED talk, Goleman talks about the theme of EQ to help inspire viewers to think about the society we've created, what influences one's perspective, and how you can do better. [https://www.ted.com/talks/daniel\\_goleman\\_on\\_compassion](https://www.ted.com/talks/daniel_goleman_on_compassion)

**Oprah's Super Soul Conversations – Daniel Goleman: Emotional Intelligence 101** – Daniel Goleman discusses his ground-breaking research on emotional intelligence and explains how we can manage and enhance our emotions to expand the capacity of our brain.

<https://www.youtube.com/watch?v=cLWzrlMSch8>