

All week, we've been discussing the concept of emotional intelligence and how it affects and touches everything in life.

Well, guess what?

There's a step beyond emotional intelligence called Emotional Vibrancy!

(And after the Show Notes, stick around for anything you might have missed this week.)

Emotional Vibrancy is "the quality of harnessing zest, positive energy, and radiant, glowing health."

Emotional Vibrancy is the sense of calm and peace, even when we're challenged.

It's ENERGY - not dragging ourselves through the day.

It's also cultivated - seeded with emotional intelligence; our body language and posture; our movement, thoughts, and words.

Emotional Vibrancy is the key to successful aging.

Psychologists say the key to Emotional Vibrancy is a combination of the following:

1. Being physically active most days. Sitting is like smoking - it takes years off your life and ruins your body. Make a fitness schedule and stick to it. Use different activities, for example, walking, strength, flexibility, and a little endurance.
2. Balance and flexibility boost your brain and help get the blood moving. You can also challenge your brain by using your non-dominant hand for tasks such as brushing your teeth.
3. Rest is BEST. Sleep is imperative, but so is time off to sharpen the saw.
4. Volunteer (responsibly!). Giving and loving others is part of our purpose, and we feel it when we volunteer.
5. Learn something new!