



The RULER Approach

How are you feeling?



Emotions Matter. Research shows that emotions influence:

- Attention, memory, and learning
- Decision making
- Creativity
- Mental and physical wellbeing
- Ability to form and maintain positive relationships
- Academic and workplace performance

Why It Matters:

By...

- Recognizing emotions,
 - Understanding the causes and consequences of emotions,
 - Labeling emotions,
 - Expressing emotions appropriately, and
 - Regulating emotions with helpful strategies,
- we can infuse the principles of emotional intelligence into individuals, agencies, homes, and communities.

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