

# THE CENTER CIRCULAR



Welcome to our new name! Center Street Center newsletter is now The Center Circular! Of course the practice is still Tracy E Hill PhD & Associates LLC. We have updated our newsletter since we've added new offices.

Spring is in the air and with it springtime often evokes a range of emotional reactions in people, influenced by personal experiences, cultural factors, and individual preferences. Some common emotional reactions to springtime include: joy and happiness, renewal and hope, excitement and anticipation, relief and lightness, nostalgia, creativity and inspiration, sensory pleasure and anxiety or feelings of being overwhelmed. Yet, springtime also brings with it feelings of hopelessness and loneliness. As folks find their way outdoors, it may make others feel more alone or downhearted. If you or someone you know is feeling down, please advocate for them to get the help they need. It's only a phone call or click away.

## LETTER FROM THE DIRECTOR



The Center was psyched to have Congresswoman Susan Wild and District Director Megan Beste stop by the office to meet our fabulous staff and talk about mental health issues here in the Lehigh Valley. In fact, Congresswoman Wild and Senator Boscola along with District Director Beste and Legislative Director Ian Dimm will all work together to help the Center with Medicaid credentialing making services more affordable and available to all ;-)

*En buena salud! In good health Dr. Tracy E. Hill*

## Did You Know?

Emotional intelligence (EI), often referred to as emotional quotient (EQ), is the ability to recognize, understand, and manage one's own emotions, as well as the ability to recognize, understand, and influence the emotions of others. It encompasses a range of skills, including empathy, self-awareness, self-regulation, social skills, and motivation.

Emotional Intelligence is important for your relationships as well as your employment. Whether you're the boss lady, manager, supervisor or line worker – studies demonstrate that high emotional intelligence may be even more important than practical knowledge or experience in the workplace. Moreover, individuals with high emotional intelligence tend to have better interpersonal relationships. They can understand others' emotions, empathize with them, and communicate effectively, leading to stronger personal and professional connections. According to Dr. Marc Brackett and Robin Stern, Ph.D., "people who have EI are healthier, happier, more effective and more productive."

And wait – did you know that folks with higher EI, are better equipped to handle stress and adversity. They can regulate their own emotions, maintain a positive outlook, and cope with challenges more effectively.

If you feel you have high EQ, good for you! But if you're not sure or you want to improve – start with expanding your emotional vocabulary. This is also known as emotional granularity. Brackett and Stern reported (March/April 2024) a 2015 review of research that those who have higher emotional granularity while experiencing high stress "were less likely to engage in potentially harmful coping strategies, such as" drugs and alcohol, or "lashing out at others" in addition to having less depressive episodes or anxiety.

The next time you are feeling sad, decide if it may be better explained as 'disappointment', 'sorrow', or 'despair'. Anger may be better expressed as "indignation, rage, or jealousy." Feeling truly happy? How about "content, satiated, or joyful"? You get the idea. Languages of all kinds have so many adjectives to describe how you feel – so open up your vocabulary and start practicing EQ and EG today!

### SELF CARE

Spring is here which means mulching, weeding, and mowing. Make sure to drink plenty of water while outside doing chores or exercising. Get plenty of rest and make time for yourself and your loved ones. If you are outside in the sun - use sunscreen! Skin cancer is THE most common cancer in the world. It's not worth the tan.

### BLENDED FAMILIES

Summertime is fast approaching. For blended families this may be tough scheduling family vacations. Make sure to communicate clearly and give plenty of time for the other parent to plan as well. Finding sitters while the children are off from school can be tough. Remember, the best 'sitter' is a parent.

### THINGS TO DO

So much to do in the Lehigh Valley. We highly recommend checking out [www.discoverlehighvalley.com](http://www.discoverlehighvalley.com) for lots of ideas, planners, and events happening near or around you. Don't forget township camps for the kiddos that are super reasonably priced, too ;-)