

EMOTIONAL INTELLIGENCE IN THE TIME OF COVID CRISIS

The COVID pandemic issue has put us in a helpless position where the only reflex action a person shows is to switch on the survival mode, though anxiety, frustration, and losing self-control are some side effects of such immediate approach. The current situation demands a more responsible behavior towards oneself and others. The attributes required in such conditions is to stay calm, positive, and aware of our surroundings, i.e. to measure and manage our emotional intelligence.

Polishing our emotional intelligence must be the topmost concerns now, so that in the future if one faces such circumstances, he will tide through it with few hiccups. A whole new level of thoughtfulness is the need of the hour. Practicing self-awareness, empathy, identifying and understanding people's behavior, managing one's mental health, etc., are some key characteristics of a person with a good mental well-being. Let discretion be the key to filter out all negative thoughts and depressing emotions out of the box. It is a question of the human race; we need to pull ourselves together. Instead of fighting alone let's embark upon the journey mutually, conquer our fear and triumph through the crisis with our optimistic and supreme mental health.

Chetana Santosh Shetty
Research Scholar,
Department of Botany,
VPM's B. N. Bandodkar College of Science, Thane
shettychetana72@gmail.com