

*Honouring Your Emotions: Why it Matters*  
By Johanna Vanderpol, Author and Life Coach

There has been much research in the field of emotional intelligence since 1990. Increasing evidence is showing us that recognizing and managing our emotions is more important to our health, wealth and happiness in life than IQ. For example, did you know that people who experience more positive emotions tend to have less visits to the doctor and an active social life? They are also more resilient when a difficult time arises. Or, did you know that people who experience five minutes of caring thoughts boost the IGA antibody in their immune system above baseline for the next eight hours? Being at the extreme end of emotional suppression of anger is linked to increased risk of cancer and being at the extreme end of emotional expression of anger is linked to cardiovascular heart disease. So, it appears that the principle of moderation is in order with respect to our emotions.

Training programs have been set up in the field of education, in the workplace and for individuals to help us increase our emotional intelligence. It teaches a skill set focussing on developing 15-24 emotional intelligence competencies such as problem-solving, adaptability, empathy and optimism. The training is a useful tool to increase our emotional intelligence and bring a higher level of health and success into all areas of our lives.

There is one more emotional intelligence (EI) model that is an extension of the existing EI training. This model serves to help us process an emotion to completion *in the moment that it occurs*. This is known as the RHUME™ model and the acronym stands for the following five steps: 1. Recognizing your emotions; 2. Honouring your emotions; 3. Understanding your emotions; 4. Managing your emotions and; 5. Expressing your emotions. When all these steps are learned and followed, they can be applied to any emotion. This is a groundbreaking addition to emotional intelligence and will soon make its way forward into many lives, bringing with it a sense of well-being that many people have never experienced. It is an exciting step for the advancement of mankind.

The RHUME™ model is now readily available to all who desire it. The newly published book *Honouring Your Emotions: Why it Matters* explains the model in detail and provides further resources for all who wish to increase positive emotions and reduce negative emotions in their lives.

For more information and to order the book contact Johanna at 250-483-1877 or at [info@johannavanderpol.com](mailto:info@johannavanderpol.com). Be sure to visit her website at [www.johannavanderpol.com](http://www.johannavanderpol.com).