

What is Emotional Literacy?

Betty Rudd PhD



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About the author Betty Rudd PhD

Award-winning author Dr Betty Rudd, Specialist Teacher, Doctoral Supervisor, Doctoral Examiner, Chartered Counselling Psychologist (retired), currently works as a Freelance Writer, Games inventor, and is the Co-director at Freedom Healthcare in Haywards Heath, Sussex, UK. She contributed to the government endorsed paper, *Every Child Matters* and is named by the British Psychological Society (BPS) as an expert in emotional intelligence and non-verbal communication. She has worked with children, teenagers and adults since the 1960s, for ten years under the umbrella of the National Health Service within a Community Adult Mental Health Service. In 2002 she retired as BPS Division of Counselling Psychology (DCoP) Press Officer, in 2003 as BPS DCoP Conference Chair and in 2004 as an Ordinary Member of the DCoP Committee. 'Who's Who in Research', 'Who's Who in Health' and 'Who's Who in the World' have been listing Dr Betty Rudd annually for her outstanding contributions in her field of endeavour.

For more information see www.emotional-literacy.co.uk.

Books by Betty Rudd

- *Anxiety Disorder Self-help: GAD, Health Anxiety, OCD, Panic Attack, Phobia and PTS* https://www.amazon.co.uk/anxiety-disorder-self-help-Disorder-Self-Help-ebook/dp/B00P53YMY2/ref=sr_1_3?keywords=betty+rudd+anxiety&qid=1558872317&s=digital-text&sr=1-3-catcorr
- *Anxiety, Self-help for Obsessive Compulsive Disorder: Anxiety, Self-help workbook for OCD* https://www.amazon.co.uk/Anxiety-Self-help-Obsessive-Compulsive-Disorder-ebook/dp/B00WDD5WHI/ref=sr_1_5?keywords=betty+rudd+anxiety&qid=1558872317&s=digital-text&sr=1-5-catcorr
- *Anxiety Disorder: Self-help for Panic Attack: workbook for panic attacks* https://www.amazon.co.uk/Anxiety-Disorder-Self-help-workbook-Self-Help-ebook/dp/B00X2ODGHK/ref=sr_1_7?keywords=betty+rudd+anxiety&qid=1558872317&s=digital-text&sr=1-7-catcorr
- *Body Mind Update* (only 7 remaining, can be purchased from Freedom Healthcare; tel: +44[0]1444 416911)
- *British Table Manners* (co-author) <https://www.amazon.co.uk/British-Table-Manners-Sтивен-Rudd-ebook/dp/B00DF7ZVK4>
- *Counsellor's Basics* (sold out)
- *EQ Book* (sold out)
- *Generalised Anxiety Disorder Self-help: how to get rid of uncontrollable worry* https://www.amazon.co.uk/Generalised-Anxiety-Disorder-Self-Help-ebook/dp/B00VD3JIM4/ref=sr_1_1?keywords=betty+rudd+anxiety&qid=1558872317&s=digital-text&sr=1-1-catcorr
- *Great Ways to De-stress* (co-author, available from Freedom Healthcare; tel: +44[0]1444 416911)

- *Health Anxiety Self-help: workbook for hypochondriasis disorder* (currently not available)
- *Help your Child Develop Emotional Literacy* <https://www.bloomsbury.com/uk/help-your-child-develop-emotional-literacy-9781855394674/>
- *Introducing Psychopathology* <https://uk.sagepub.com/en-gb/eur/introducing-psychopathology/book238952>
- *Phobia Anxiety Workbook: phobic disorder self-help*
https://www.amazon.co.uk/gp/product/B012LE3DQA/ref=db_s_a_def_rwt_hsch_vapi_tkin_p1_i8
- *Post-traumatic Stress Anxiety Workbook: self-help for PTSD*
https://www.amazon.co.uk/Post-traumatic-Stress-Anxiety-Workbook-self-help-ebook/dp/B016NGFRAM/ref=sr_1_2?keywords=betty+rudd+anxiety&qid=1558872317&s=digital-text&sr=1-2-catcorr
- *Special Games* (ERA Award-winner for Best Educational Book of the Year)
<https://www.ldlearning.com/product/social,-emotional-and-mental-health/social-skills/teaching-resources/special-games/agmt12431>
- *Talking is for All* <https://uk.sagepub.com/en-gb/eur/talking-is-for-all/book230826>
- *Talking is for Kids* https://www.amazon.co.uk/Talking-Kids-Emotional-Literacy-Children/dp/1873942222/ref=sr_1_1?keywords=betty+rudd+talking+is+for+kids&qid=1558872063&s=gateway&sr=8-1
- *Talking is for Teens* <https://www.amazon.co.uk/Talking-Teens-Emotional-Literacy-Stages/dp/1904315097>
- *Talking is for Us* https://www.amazon.co.uk/Talking-Us-Emotional-Literacy-Children/dp/1873942885/ref=sr_1_1?keywords=betty+rudd+talking+is+for+us&qid=1558872112&s=gateway&sr=8-1

Games by Betty Rudd

- *Anger Control* <https://loggerheadpublishing.co.uk/product/anger-control-cards/>
- *Anger Management* (out of print)
- *Awareness* <https://www.routledge.com/Awareness-Card-Game/Rudd/p/book/9780863887321>
- *Communication* <https://www.routledge.com/Communication-Game/Rudd/p/book/9780863887314>
- *Compassion* <https://www.routledge.com/Compassion-Card-Game/Rudd/p/book/9780863887253>
- *Developing Life Skills* <https://incentiveplus.co.uk/product/developing-life-skills-games/>
- *EI set of card games* <https://www.routledge.com/Emotional-Intelligence-EI-Games/Rudd/p/book/9780863887192>
- *EQ* (1 left at £5,000. Tel: +44[0]1444 416911)
- *Handling Emotion* <https://www.routledge.com/Handling-Emotion-Card-Game/Rudd/p/book/9780863887178>
- *Mindful Moments* <https://www.routledge.com/Mindful-Moments/Rudd/p/book/9780863889851>
- *Problem Solving* <https://www.routledge.com/Problem-Solving-Card-Game/Rudd/p/book/9780863887161>
- *Rainbow board game* <https://www.routledge.com/The-Rainbow-Game/Rudd/p/book/9780863888144>
- *Relating* <https://www.routledge.com/Relating-Card-Game/Rudd/p/book/9780863887284>

- *Responsibility* <https://www.routledge.com/Responsibility-Card-Game/Rudd/p/book/9780863887307>
- *Self-image* <https://www.routledge.com/Self-Image-Card-Game/Rudd/p/book/9780863887260>
- *Stress Control* (out of print)

Chapter publication by Betty Rudd

- 'Emotional Intelligence' in *The Routledge International Handbook of Learning*, Ed. Peter Jarvis and Mary Watts, 2011.

EMOTIONAL LITERACY

- Can you identify what emotion you are feeling?
- Are you aware of the other person's emotions?
- Do you keep yourself and the other OK in your communications, while neither suppressing your emotions or letting them run rampant?

If you can answer 'Yes' to all three of the above questions, then you have a good level of emotional intelligence (EQ). That is, you are emotionally literate.

For example, when angered, you have the ability to remain calm. My latest resource, the ANGER CONTROL game-pack of cards (here's the link:

<https://loggerheadpublishing.co.uk/product/anger-control-cards/>)

shows many evidence-based ways for managing anger healthily.

What is EQ?

Having good-enough EQ includes being empathic. A good level of EQ means that you are emotionally literate. If you have appropriate emotional literacy you are sensitive enough to what other people feel, so that you can adapt to their emotions while healthily expressing your own. Your EQ level can be raised by boosting your adeptness in emotional literacy. This is a skill that can be learnt, no matter what age you are. It is important because increasing EQ helps develop skills in communicating well while enriching connections with others, such as colleagues, family members and friends.

Children

For children, it is crucial to develop their emotional literacy. Children with good EQ have a mature character and are happy individuals overall. They do not react inappropriately when challenged. For example, if they feel angry at someone they do not respond with physical violence because they know how to manage their emotions well. Emotionally literate people are resilient because they know how to come out of adversity quicker than those without good enough emotional literacy.

Resilience

Being resilient means recovering from distress quickly. It is also about how much you are willing to work towards overcoming obstacles that are in the way of your goals. This is why it is about your emotional strength, your emotional literacy – your level of EQ rather than IQ.

IQ

It is possible to raise intelligence quotient (IQ) and our society tries doing this by sending children to school. Meanwhile, we are concerned with the social and emotional development of young people. I'm passionate about youngsters being taught to develop their EQ, not just their IQ, which is why I've created many resources for doing this (the latest is ANGER CONTROL

<https://loggerheadpublishing.co.uk/product/anger-control-cards/>).

Why emotional literacy is important

Having good-enough emotional literacy encourages a positive attitude, and helps with being content. Anger is commonly known as one of the most difficult and unhealthy emotions, which is why it is important to manage feeling angry, healthily. To help with this, I created the Anger Control pack of cards.

Summary

Being able to express our feelings while being aware of the emotions of others, having empathy and tending want to co-operate, helps us become economically and socially successful. Conversely, anger managed unhealthily can stop such success. (For more about the healthy management of anger click this link: [https://loggerheadpublishing.co.uk/product/anger-control-cards/.](https://loggerheadpublishing.co.uk/product/anger-control-cards/))

A person with good enough emotional intelligence has respectful relationship skills, has grit, can work alone contentedly and be a fine team member.

Therefore developing emotional literacy at any age is paramount.

TIPS FOR IMPROVING EMOTIONAL LITERACY

According to researchers such as Daniel Goleman there are five basic aspects to being emotionally intelligent: Awareness, self-motivation, empathy, communication and social skills. Here are five ways of improving these:

- **Increase being aware of emotions**

Notice your emotions and name each one, without judging what you are feeling

- **Be self-motivated**

See beyond your current problems keeping sight of your goals and work towards them without giving up because of difficulties

- **Have empathy**

Endeavour to see the world from the other person's point of view, with warm acceptance of that person (which does not mean you necessarily agree with their action) because the ability to know your own emotions while understanding what the other person feels helps with communicating successfully in any relationship; to do this you need to open up in order to listen and not judge but show your affection and offer support

- **Manage relationships**

You can manage relationships well if you become skilled in problem-solving; to do this you need to learn active listening skills and how to inter-act effectively

Communicate with impact

Learn to understand your own and others' non-verbal communication such as facial expressions, body language and tone of voice because only 7% of communication is verbal (for more about this see the work of Professor

Mehrabian: <https://ubiquity.acm.org/article.cfm?id=2043156>)

so master your body language to improve your communication

These five tips on boosting emotional literacy, so that emotional intelligence is improved, also aid in developing a growth mind-set and help build resilience.

Advice Disclaimer

We make every effort to ensure that we accurately represent any advice that may be found throughout this report of information.

However, examples you can find in this project are based on typical representations commonly seen. The information given is not intended as representing every individual. Each person has differences and these can vary widely depending on culture, genetic disposition, background and a variety of other factors.

Any advice given cannot be deemed accurate in the absence of being seen personally by a person skilled in assessing emotional literacy. (We are able to offer this service at a standard charge.) No guarantees are expressed or implied in this report.

Information-report value: £53.