

THE PSYCHOLOGY DEPARTMENT'S

WELLNESS BULLETIN

SPRING 2025 - ISSUE #3

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BECOMING MINDFUL IN THE NOW

BY DR. LINDY MCMULLIN
DIRECTOR OF THE
PSYCHOLOGY DEPARTMENT
ASSOCIATE PROFESSOR



According to Santorelli, (1999) Mindfulness in Psychotherapy addresses generic human suffering rather than specific psychopathology. In this article I will be making things as simple as possible by giving the reader guidelines as to how to incorporate mindfulness into their daily life. The Mindfulness Pyramid Model, developed by Steven Alper (2016), consists of four facets, that are relevant to the five easy to apply tools, given in this article.

1. Formal mindfulness meditation practices
2. Skills, inner capacities, attitudes, and perspectives
3. Method of inquiry and investigation and mode of knowing
4. Way of being and relating to experience

The Heart of Any Practice Is Practice

There are so many ways in which mindfulness can be cultivated. The Psychology Department at HAUNIV has a **Certification in Mindfulness** starting in **Fall Semester 2025**, which will provide you with the training needed, to not only learn how to practice properly, but will give you the empirical evidence and guidelines to incorporating mindfulness into your professional lives, no matter what area your career is in. You will also be given a skill set to guide others in learning how to become mindful. At the end of this online course, you will have the opportunity to join a retreat where you will be given the opportunity to evaluate all that you have learned. However, let us return to the present moment of awareness.

★ LEADERSHIP AND SELF-DECEPTION
MARCH 28

★ EMOTIONAL INTELLIGENCE AND RESILIENCE (PSYCHOEDUCATIONAL GROUP)
APRIL 1 - MAY 20

★ A THERAPIST'S GUIDE TO PSYCHIATRIC MEDICATION
APRIL 3

★ BEYOND WORDS: THE LINGUISTIC FOUNDATIONS OF DISCURSIVE PSYCHOLOGY
APRIL 11

MORE INFORMATION FOR ALL THESE EVENTS AT END OF BULLETIN

What can I do now to become more mindful?

1. Set the alarm on your mobile to ring at a certain time in the day when you know you are not too busy. When the alarm rings, STOP what you are doing, close your eyes and just check in with your breathing. Are you breathing deeply? Focus on your body and breathe into those areas that are tense. Thank your body for doing all that it is doing for you. Open your eyes and carry on your day.
2. Check regularly to see if you are smiling or frowning. Make a conscious effort to smile gently and relax the muscles in your face and shoulders.
3. Reflect at the end of each day! Take note of all that you succeeded in doing and give yourself a hug. Feel good that you accomplished whatever you did and feel the warmth of your hug.
4. When someone does something to annoy you STOP and reflect on how YOU are feeling. Focusing on what the other person has done is not a solution. Become mindful of your feelings. Can you just notice and accept them. Breathe deeply and focus on the half smile on your face.
5. Become aware when you are in The Doing Mode. This is the mode of judging, striving to fix, change, or accomplish. Take a deep breath and step into **The Mode of Being**. This is the mode of present-moment awareness without judgment. Simply allow and let be! Look around you and feel the gratitude in your heart. Let go of the need to constantly critically evaluate what you are doing. Just Be!

Last but not least, take note of the **meaningful coincidences** that occur in your daily life as explained by the **Synchronicity Theory** that was initiated by C.G. Jung and W. Pauli (Atmanspacher et al., 1995). In this way you will become more aware of both your inner as well as your outer world. This is a starting point. If you do this daily, monitor the changes that take place in your daily life, and your observations may well be sent to me and published in our next Wellness Bulletin Edition. Let's see how we can all bring Mindfulness into Awareness.



Practice seeing Mindfulness as both a heightened state of wakefulness, as well as a relaxed concentration and as a specific set of skills, that will enhance your inner capacities, attitudes, and perspectives. Honor your emotions as they are an indicator of how you feel! Be mindful that addressing your feelings, accepting them and learning how they influence your thinking will enhance your practice of Being!

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THE WISDOM OF DOGS: LIVING IN THE MOMENT AND NOTICING THE LITTLE THINGS

BY JULIA FATOUROU AND ANNA GIABANIDIS MSPSY/CMHC PROGRAM 2026



STOP!!!

Now that we have your attention, think about how often you actually stop.

Stop. To feel the air on your face. To feel the sun's warmth on a cold day. To smile at a stranger and perhaps notice that they smile back. To run your hands across a surface and feel the roughness of a brick wall, or the cool smoothness of a shop window display.

It is very easy to become caught up in the routine of daily living. To rush from one destination to the next; to miss the little but precious moments in between. Often, we do not notice the pleasurable moments that have the potential to make our day real. We miss things because we never stop, either because we were conditioned to be this way, because we forget, or simply because we do not want to.

But if you look around you, if you really take a moment to see the world, you will realize a vast, rich source of present-moment experiencing. There is a continuous stream of internal and external experiences, just waiting for us to stop and notice them. To stop and become oriented in the present moment, we are becoming aware of "what is happening right here, right now" (Hülscheger et al., 2014, p.1115). It is as though you have pressed the pause button, if only for a moment, to take a breath and be present.

Think of dogs, for example. These wonderful creatures offer us humans a lesson that most of us miss. They are living in the moment in ways that we are not used to appreciating, yet we have much to learn from their wisdom.

Anyone who has a pet dog might know what we are talking about, and anyone who doesn't will get the idea. The way they greet us like we were away for months, when we only went to throw the garbage out. The way they gaze at us with such adoration. The way they are so focused on digging a hole, then abandon this previously engrossing task to focus on a bird flying above, or some random noise. The way they suddenly drop everything and decide to lay on their backs and wriggle on the ground, conducting a hilarious yet adorable dance.

This is the wisdom of dogs. Dogs get the point of wellbeing. They are masters at living life to the fullest. As Chard (1994, p.122) states, dogs "encourage us to make a psychological shift into a different state of being; their immersion in the here and now draws out the human capacity for simply being". So, stop, take a moment, and live like a dog – "dwell or play for a while in whatever the moment may bring" (Jackson-Grossblat et al., 2016, p.63).

Wellbeing is hard to define, because it is largely a subjective concept (Fabian, 2022). Think about what it means to you. What are the little pleasures that bring a slight smile to your lips, and a warm, distant look in your eyes? To us, wellbeing is about feeling connected, open, and most importantly, aware. Being aware of the present, appreciating life as it happens, and stopping to notice the little things. A brief yet beautiful scent in the air that brings back distant memories. A stranger's infectious smile. A comforting or pleasurable sound. Being aware of how you feel and what provoked or contributed to its emergence. Being aware of the impact you have on this world by noticing all of the little things gives meaning to each day.

So.... STOP!!!

Take a moment to live like a dog. Breathe, observe, and take the necessary actions to promote your wellbeing in whichever way you feel is right.

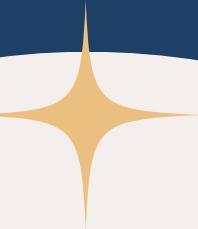
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THE POWER OF SMALL WELLNESS HABITS: SIMPLE WAYS TO STAY WELL

BY ARTHUR ANTONOPOULOS
(BA., MA., MSPSY) ADJUNCT
FACULTY

Wellness is an essential part of a balanced and fulfilling life, yet many people believe it requires drastic lifestyle changes to achieve. In reality, small daily habits can have a profound impact on overall well-being. This article explores simple yet effective ways to maintain wellness through practical strategies backed by research.

1. Prioritize Sleep Quality

Sleep is fundamental to mental and physical health. Research suggests that adults should aim for 7-9 hours of sleep per night to support cognitive function, emotional stability, and immune health (Walker, 2017). Creating a bedtime routine, limiting screen exposure before sleep, and maintaining a consistent sleep schedule can significantly improve sleep quality.

2. Move Your Body Daily

Regular physical activity contributes to longevity and enhances mood by releasing endorphins (Piercey et al., 2018). This does not necessarily mean intense workout; activities like walking, stretching, or yoga can improve circulation, reduce stress, and support cardiovascular health.



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3. Practice Mindful Eating

Mindful eating focuses on awareness while consuming food, allowing individuals to recognize hunger and fullness cues. Studies show that this practice can reduce overeating, improve digestion, and promote a healthier relationship with food (Alberts et al., 2016). Simple steps include eating without distractions, savoring each bite, and listening to the body's natural signals.

4. Foster Social Connections

Human connection plays a vital role in emotional well-being. Strong relationships provide support, reduce stress, and contribute to a sense of belonging (Holt-Lunstad et al., 2010). Making time for loved ones, engaging in meaningful conversations, and joining community activities can enhance overall wellness.

5. Manage Stress Effectively

Chronic stress negatively impacts mental and physical health. Mindfulness techniques, deep breathing exercises, and journaling are proven methods to reduce stress and promote relaxation (Kabat-Zinn, 2013). Taking short breaks throughout the day and engaging in activities that bring joy can also prevent burnout.

6. Hydrate and Nourish Your Body

Staying hydrated and consuming a nutrient-rich diet supports optimal functioning of the body and mind. The National Academies of Sciences, Engineering, and Medicine (2020) recommend about 2.7 liters of fluids per day for women and 3.7 liters for men. Eating a variety of whole foods, including fruits, vegetables, and lean proteins, can boost energy and immune function.



Conclusion

Wellness is not about drastic changes but rather about consistent, small actions that add up over time. By incorporating these simple habits into daily life, individuals can cultivate a healthier and more balanced lifestyle. Prioritizing sleep, movement, mindful eating, social connections, stress management, and hydration are all essential components of overall well-being.



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JOURNALING AND WELLBEING

BY VASILEIOS BRATSIS BSPSY PROGRAM 2026

Writing a journal has been one of the best things I started doing for myself. When I began last semester, I had no idea how much it would help me understand my thoughts and emotions. Every day, I wrote about my experiences, conversations, and random thoughts, and over time, I started noticing patterns in my thinking. Seeing my thoughts on paper made them more real, more structured, and easier to process. It felt like I was organizing my mind, giving clarity to feelings I didn't fully understand before. Journaling also helped me reflect on my emotions without judgment, making it easier to manage stress. It gave me a safe space where I could be completely honest with myself, which is something we rarely get in daily life. Another amazing benefit was how it improved my self-awareness—reading back on my entries showed me how much I had grown and what areas I still needed to work on. It also made me more creative because I started writing not just about my day but also about ideas, dreams, and personal goals.



I highly recommend everyone to try journaling, even if it's just a few sentences a day. You don't have to be a great writer; it's just about expressing yourself freely. Whether you are feeling overwhelmed, need to vent, or simply want to record your journey, journaling is a powerful tool for mental clarity and emotional growth. It helps you connect with yourself in ways you might not expect. So, if you haven't tried it yet, just grab a notebook, start writing, and see where it takes you -you might be surprised by how much it helps!

Editor's Note:

Self-Reflexivity Through Journaling is an imperative process for the practicing clinician, Ashley Martin-Cuellar tells us in his article published in 2018. He gives us insight and encourages us to realize that journaling is not only for the practicing clinician but for all those who wish to bring wellbeing into their lives. It was Ira Progoff, who first introduced the art of journalling in a workshop in 1966 after years of studying the works of Freud, Jung, Adler, and Rank (Juline, 1992). Progoff, who was a psychotherapist under the guidance of Carl Jung, developed a theory of human development, that he called Holistic Depth Psychology (Gestwicki, 2001). Holistic depth psychology builds upon Jung's hypothesis that experience of the sacred is an authentic part of human personality. It was through his exploration of this theory that he developed the Intensive Journal Method as a practical way to help clients navigate problems (Gestwicki, 2001).

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COMMUNITY WELLNESS: WHAT WE CAN LEARN AND ACCOMPLISH BY WORKING TOGETHER

BY BARBARA KONDILIS, LCSW,
MPH, PHD(C), ADJUNCT FACULTY



Community Wellness is the foundation of a thriving society. It encompasses physical health, mental well-being, and social connections that empower individuals of all ages. Discussions have been ensuing both within and outside the classroom. These focus on the Environment, Artificial Intelligence, Ethics, and our 'Fate' as humans. A 'strong' community provides opportunities for people to develop skills, build relationships, and contribute to collective growth. Metaphorically speaking, we may think about varied communities as ships with internal workings, yet part of the same ocean with external regulations, pressures, and opportunities of sharing. This is the 'trade' of ideas and resources within the human collective. We are all part of the 'crew' in sharing our knowledge, experience, while keeping a 'keen eye' out for potential threats.

There is no 'perfect' community, and what differentiates us, is our need for belonging in human connection. Let us reflect on Metaphysical Poet John Donne's well-known quote "no [person] is an island". The interpersonal bonds of attachment and connectivity have been expanded by Sigmund Freud, Abraham Maslow in his 'hierarchy of needs,' Bowlby and Ainsworth with their theories of attachment. Baumister and Leary (1995) referring to the above and other empirical research expand to support the hypothesis that **the need to belong is a powerful, fundamental human motivation.**

What can each of us do?

Observe what is happening around us mindfully, collect data, conduct and share research. Students taking research methods courses should continue to share and learn from each other. This way we can create necessary interventions towards prevention and build health literacy.

Hippocrates, the father of ancient medicine, knew it well. As did John Snow (not to be confused by the synonymous character from Game of Thrones) an English physician who lived between 1813 –1858, and considered one of the first epidemiologists who intervened during a deadly cholera outbreak in the modern ‘Soho’ neighborhood in England.

The World Health Organization (WHO) offers a wealth of data through its Global Health Observatory (GHO), which serves as a centralized platform for health-related statistics worldwide. The GHO provides data on various health indicators, including the number of community health workers, mortality rates, disease prevalence, and health system performance.

In the United States, the health data gathering agencies are the National Center for Health Statistics, and the Centers for Disease Control and Prevention ([CDC](#)). While Greece also reports data in the national healthcare system of [ΕΟΔΥ](#) (Κ.Ε.Ε.Λ.Π.Ν.Ο.) and we can also gather more information through the European [ECDC](#), for the nation's health status, healthcare utilization, and behaviors that affect health. This information is crucial for policymakers and health professionals aiming to strengthen community health infrastructures and address disparities.

Learning shouldn't stop at any stage of life. For children and youth, education and extracurricular activities help develop creativity, problem-solving, and teamwork. Joining clubs on and off campus, following trends via the Career Office of Hellenic American College/ University are ways to help us strengthen bonds. We can all benefit from continuous learning through vocational training, leadership programs, workshops to enhance health education, including “Wellness Weeks” offered on-line/on campus.

On a personal Note: My recent role as Board Member of the Hellenic Scientific Society for Health Literacy (Πανελλήνια Επιστημονική Εταιρεία για Εγγραμματοσύνη σε Θέματα Υγείας), and continued collaborations will hopefully help improve patient health and safety, quality in healthcare, via interdisciplinary teams (photos below: B. Kondilis and Efrosini Kritikos, students of the Hellenic American University doctoral program).

Launch of the National Strategy for Quality of Care and Patient Safety in Greece 2025 – 2030



JANUARY 2025 AT WHO GREECE LAUNCH OF THE NATIONAL
STRATEGY FOR QUALITY OF CARE AND PATIENT SAFETY IN
GREECE (2025-2030).



FALL 2017 WITH UNDERGRADUATE STUDENTS FOR GLOBAL
HIV/AIDS AWARENESS DAY

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LIVING BETWEEN TWO WORLDS: MY WAY OF WELL BEING AS A UKRAINIAN WHO CAME TO GREECE

BY OLGA KONONCHUK MSPSY/CMHC PROGRAM 2028

I did not take the threat of war seriously in 2022, so I never packed an "emergency suitcase". Just before March 8 (2022), I was in the process of choosing a location to open my own flower shop and planning a trip to Armenia in May. That night, I woke up to calls from my best friend and parents (we were living in different cities), who were terrified and talking about loud explosions nearby. I didn't know what to do, so I just waited, reading the news and refusing to believe what was happening. Around 11 o'clock, I heard a very loud explosion somewhere close. Within a few hours, I gathered the most essential things, took my cat Fira, and left the city, thinking I would return in three weeks. Throughout this time, I was emotionally steeled, as if made of iron, without a single tear. The first tears came in Moldova when my family and I went to a veterinary clinic to get documents for our pets. The clinic staff gave us food, toys for the animals, offered words of support, and refused to accept payment. We stood there, silently sobbing uncontrollably from the pain, realizing this was our new reality — we were "**refugees**" now.

Things got even worse. My friends fell under occupation and miraculously survived, while the city of Bucha, where I had lived a year before the war, turned into an open-air cemetery for civilians. The building where I had rented an apartment suffered severe damage from shelling. The flood of news was overwhelming; living through what I saw in social media was difficult.

One of the biggest challenges for me over these three years of war has been the loss of my identity. I still find it hard to answer the question of whether I like living in Greece. Forced migration is a complex and painful process that forces a person to confront deep emotional upheaval. Although I will always be Ukrainian, with each passing year of emigration, I feel a gradual disconnection from what is happening back home. Yet, I haven't become part of the new society either. I can describe this process as "you don't exist" you're no longer there, but you're not here either. So, who are you now? You remain an observer, trying to adapt but not feeling a true sense of belonging. I know that many Ukrainian women abroad experience the syndrome of so-called postponed life, they live in a "frozen" state, simply waiting for the war to end and to return home. It's important to accept that the life we knew is gone and that we must start over, which is very difficult to accept.

There's also a growing sense of guilt. Society slowly imposes the burden of expectations, where staying in Ukraine is seen as a more noble act than leaving in search of safety. You not only feel anxiety for the safety of your family and friends but also experience shame when posting a personal smiling photo on social media. It feels inappropriate – this is not the time for joy, it is not the time for joy right now.

Constant news consumption has also negatively impacted me. I developed an addiction to the Press. At first, it seemed necessary—to stay updated with all the news to understand what was happening in my country. However, over time, this addiction became a source of constant stress. I felt I couldn't disconnect from the news, even when it was crucial for my mental health. When I visit the Ukraine, my anxiety disappears. I barely react to the sound of air raid sirens, which previously caused me panic, and I don't go to shelter –my maximum is stepping away from the window. It's a phenomenon that's hard to explain.



The emotions of being in the Ukraine during the war are very strange. It's an indescribable mix of often deadly devastation and an incredible desire to live. On Friday evening, you can't find a table at a restaurant without a reservation, the city is filled with the latest luxury cars. Yet, on Saturday morning, you walk through the city center, seeing buildings and cars destroyed by drone attacks, and hundreds of people kneeling to pay their last respects to fallen heroes during funeral processions. At night, Ukrainians stay awake due to missile attacks, and in the morning, they buy coffee before work and take their children to school. War has become routine. A paradox, isn't it? I think it's a human defense mechanism to keep from going insane and to continue living in this hell with minimal damage to oneself.

War highlights the complexity of emotional experiences and the importance of mental health support. We must learn to adapt to new realities and acknowledge the losses that accompany this journey.

According to the latest WHO Ukraine health needs assessment (October 2024), 68% of Ukrainians report a decline in their health compared to the pre-war period. The most prevalent health issues are mental health concerns, with 46% of people affected, followed by mental health disorders (41%) and neurological disorders (39%).

<https://www.who.int/europe/news/item/24-02-2025-three-years-of-war-rising-demand-for-mental-health-support-trauma-care-and-rehabilitation>





EMOTIONAL INTELLIGENCE: THE KEY TO HEALTHIER RELATIONSHIPS

BY ARGYRO EXARCHOU MSPSy (Magna cum laude) 2019;
CBT Training and Third Wave Mindfulness (ALUMNI MEMBER)

John, a 35-year-old marketing manager, found himself struggling both at work and in his personal life. His team often felt unheard, and his relationships seemed to be strained. At home, his partner complained that he was emotionally distant. Frustrated and overwhelmed, John sought therapy. Through sessions, he discovered that he had difficulty in recognizing and managing his emotions.

John's case is quite common in psychotherapy. Emotional intelligence (EI) plays a critical role in our ability to navigate life's complexities. It helps us understand ourselves, connect with others, and make informed decisions. But what exactly is emotional intelligence, and how can we cultivate it?

What Is Emotional Intelligence?

Emotional intelligence, also known as Emotional Quotient (EQ), is the ability to recognize, understand, and manage our own emotions while also being able to perceive and influence the emotions of others (Salovey & Mayer, 1990). Unlike IQ, which measures cognitive ability, EI is a skill that can be developed and grown throughout our lives. Research suggests that high EI determines how well we navigate social interactions, handle stress, and maintain relationships. It also contributes to better mental health, leadership skills, and overall life satisfaction (Goleman, 1995).

The Five Key Components of Emotional Intelligence

Psychologist Daniel Goleman (1995) outlined five key elements of EI:

- 1. Self-Awareness** – The ability to recognize and understand one's emotions, strengths and weaknesses, as well as their impact on others.
- 2. Self-Regulation** – The capacity to manage emotions effectively and control impulses. This includes handling stress, expressing emotions appropriately, and adapting to change.
- 3. Motivation** – An internal drive to achieve goals, stay committed, and maintain a positive outlook, beyond external rewards.
- 4. Empathy** – The ability to understand and consider the feelings of others. Empathy helps in building meaningful relationships and fostering compassion (Salovey & Mayer, 1990).
- 5. Social Skills** – The ability to communicate effectively, resolve conflicts constructively and develop strong interpersonal relationships.

How to Cultivate Emotional Intelligence

Emotional intelligence can be developed with the use of various strategies proposed by various experts such as Daniel Goleman and Barbara Fredrickson.

1. Self-Awareness

- **Journaling:** regularly keeping track of emotions and triggers (Goleman, 1998).
- **Seeking Feedback:** asking partners and colleagues for feedback on your emotional responses.

2. Self-Regulation

- **Mindfulness Practices:** Use of deep breathing and mindfulness or meditation to manage stress and control impulsive reactions (Siegel, 2010).
- **Pausing Before Reacting:** Taking a moment to think before responding and reframing negative thoughts can prevent hasty decisions driven by emotions

3. Motivation

- **Goal Setting:** establishing clear, achievable goals that align with personal values.
- **Positive Visualization:** imagining successful outcomes, focusing on strengths and practicing gratitude daily (Fredrickson, 2009).

4. Empathy

- **Active Listening:** listening without interrupting means listening to understand rather than listening to respond (Rogers, 1951).
- **Perspective-Taking:** Placing yourself in others' shoes to understand their perspective.

5. Social Skills

- **Effective Communication:** Practice assertiveness rather than aggression or passivity.
- **Conflict Resolution:** Addressing disagreements in a calm way and seeking mutually beneficial solutions.

Conclusion

Emotional intelligence is a lifelong journey that leads to more fulfilling relationships, better decision-making, and overall well-being. By developing emotional intelligence, one learns to regulate their emotions, communicate more effectively, and improve their relationships.

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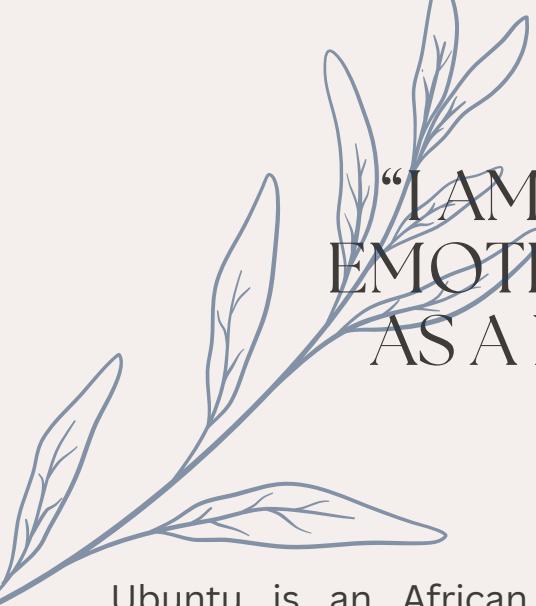
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“I AM BECAUSE WE ARE”: EMOTIONAL INTELLIGENCE AS A MORAL IMPERATIVE

BY Dr. MARIA AGORASTOU,
LICSW, MSW, Ph.D.
COUNSELING CENTER DIRECTOR

Ubuntu is an African ethical philosophy that emphasizes community, interconnectedness, and mutual respect. The phrase "**I am because we are**" reflects the belief that individuals achieve moral fulfillment through relationships with others.

In care ethics, Carol Gilligan and other feminist philosophers critiqued traditional ethics for being overly focused on abstract principles and argued that moral decisions should consider emotional connections and responsibilities in interpersonal relationships.

Emotional intelligence (EI) is often seen as a valuable skill in personal and professional development, but it is rarely discussed as a moral obligation. At its core, emotional intelligence involves self-awareness, self-regulation, empathy, motivation, and social skills. These qualities not only enhance interpersonal relationships but also play a crucial role in ethical decision-making and responsible behavior. In an increasingly interconnected world, emotional intelligence should not be viewed as merely an advantage—it is a moral imperative that ensures we treat others with dignity, understanding, and respect.

Morality is often associated with rules, principles, and ethical frameworks that guide human behavior. However, the ability to apply these moral principles effectively depends on emotional intelligence. Without empathy, for instance, individuals may fail to recognize or appreciate the suffering of others. Without self-regulation, ethical lapses may become common due to unchecked impulses or emotions. When people lack social awareness, they may unknowingly contribute to harm, even when their intentions are good.

By cultivating emotional intelligence, individuals are better equipped to uphold ethical standards. A leader who exercises emotional intelligence in decision-making ensures fairness, considers the well-being of employees, and fosters an environment of trust. Similarly, a teacher who understands the emotional needs of students can create a more inclusive and supportive learning experience. In both cases, emotional intelligence acts as a moral guide, preventing harm and promoting the well-being of others.

Empathy as a Moral Duty

One of the most essential components of emotional intelligence is empathy—the ability to understand and share the feelings of others. Empathy is not just a trait but a responsibility. It compels individuals to act with kindness, recognize suffering, and seek justice. Without empathy, moral reasoning becomes cold and detached, leading to decisions that may be logical but lack humanity. Empathy allows us to really listen to understand and not merely provide an answer. It renders others significant of our innate ability to offer pure presence as a safe space for existence where all our humanness is welcomed the bad, the good and the ugly.

Self-Regulation and Moral Responsibility

Emotional intelligence also involves self-regulation—the ability to manage one's emotions constructively. In moments of anger, frustration, or fear, people may act in ways that contradict their moral values. Without self-regulation, minor disagreements can escalate into conflicts, and impulsive actions can lead to regretful consequences.

A moral individual recognizes the importance of self-discipline and restraint. This does not mean suppressing emotions but rather expressing them in a way that aligns with ethical principles. In leadership, business, education, and personal relationships, self-regulation ensures that decisions are made with integrity rather than impulse.



In therapeutic terms, self-regulation allows individuals to cultivate agency: the ability to be their own person without the over-identification with traumatic identities and distorted perspectives of themselves and the world. It is through this process of conscious negotiation with ourselves about what is truth and what is trauma that allows us to exercise our free will and self-regulation is at the centre of that process along with our emotional awareness.

Conclusion

Emotional intelligence is more than a desirable skill; it is a moral obligation. In a world where conflict and misunderstanding are common, developing emotional intelligence is not just beneficial—it is essential for a just and compassionate society. By committing to emotional growth, individuals fulfil their moral duty to themselves and others, creating a world where kindness, fairness, and ethical behavior thrive.





EDITOR'S LETTER

I wish to commend Dr Agorastou for choosing the theme of **Emotional Intelligence and Resilience** for the **Wellness Events** and extend my gratitude to Olha Konunchuk for sharing her journey with us, that is so well integrated into this theme, as with all our other contributors. My dream is that the Psychology Department's Wellness Bulletin not only informs but creates community, where students can find techniques and promote wellbeing, sharing their unique cultural experiences that bring awareness. This allows us to become more Mindful and Aware, as well as to Reflect, on how we know what we know, and how we experience life in all its splendor. Inspired as such by Dr. Agorastou's lecture last Friday, I wanted to share with our readers the definitions of Emotional Intelligence and Resilience as found in the American Psychological Association's Dictionary.

Emotional Intelligence is a type of intelligence that involves the ability to process emotional information and to use it in reasoning and other cognitive activities, proposed by U.S. psychologists Peter Salovey (1958–) and John D. Mayer (1953–). According to Mayer and Salovey's 1997 model, it comprises four abilities:

- To perceive and appraise emotions accurately
- To access and evoke emotions when they facilitate cognition
- To comprehend emotional language and make use of emotional information
- To regulate one's own and others' emotions to promote growth and well-being.

Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. Several factors contribute to how well people adapt to adversities, predominant among them

- The ways in which individuals view and engage with the world
- The availability and quality of social resources
- Specific coping strategies.

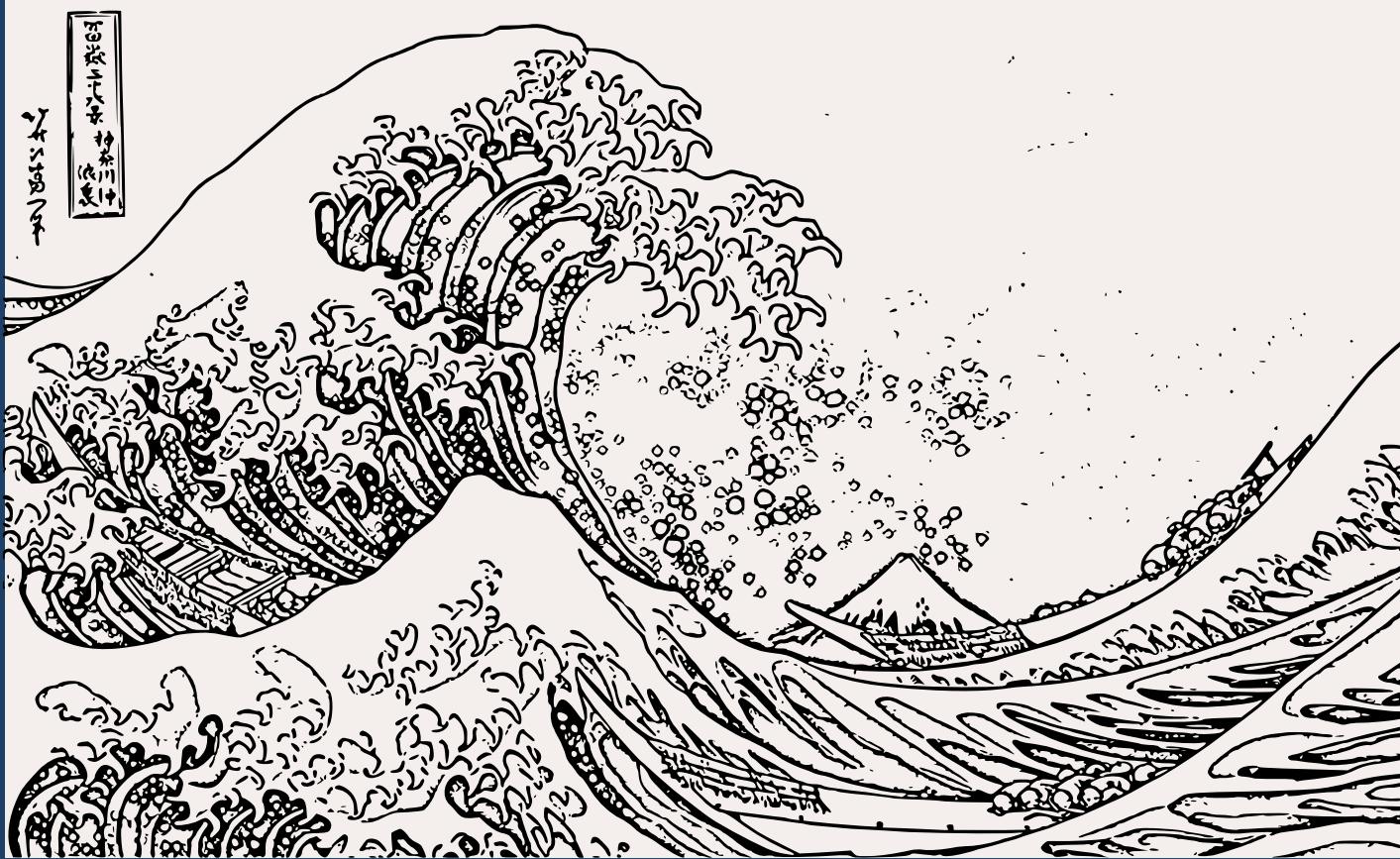
Psychological research demonstrates that the resources and skills associated with more positive adaptation (i.e., greater resilience) can be cultivated and practiced. This is what brings balance and allows us to ride the wave, which inspired me to write this poem.

To ride the wave, to hear the call

Listening in silence is all we can know.

To ride the wave, we come to see

How much is learned when we are free.





Welcome to the Psychology Club

PSYCHOLOGY CLUB

Emotional Regulation and **Resilience** - these are two topics that the Psychology Club will be focusing on over the next few months. What do these topics mean to you?

Drop us a line @ psychology@hauniv.edu and we will organize an event that covers all your specific needs!

However, before we begin to invite you to become a member of our club (all departments are welcome) let us who are on the Board introduce ourselves to you.

President- Vassileios Bratsis

I'm 24 and passionate about understanding both the human body and mind. After studying Biomedical Sciences, I followed my curiosity into Psychology, where I'm now in my third year. Beyond classes, I love giving back to the community. I'm a Volunteer Coordinator at Best Buddies Greece and President of the Psychology Club, always looking for ways to bring people together and make a difference. Whether it's through volunteering, leadership, or just connecting with others, I'm all about creating a positive impact!



Vice President- Georgina Argyriou

My name is Georgina Argyriou, a licensed psychologist, currently pursuing my master's degree in Clinical Psychology. I hold a Bachelor's degree in Psychology and am a trained CBT therapist. For the past two years I have worked as a behavioral therapist in a mental health clinic dealing with various psychological disorders. My involvement in the Psychology Club has helped me connect with other members to collaborate and contribute to the Club's initiatives. I am passionate about promoting mental health awareness, creating an inclusive space where members can explore and share their interests in psychology and contributing ideas that align with the club's mission.



Secretary- Denia Gili

A cat fanatic, a child at heart and an avid gamer with a background in Management, Computer Science (Programming/Game Design), and International Business, my curiosity has driven me to pursue an MSc in Mental Health. Years of diverse work experience in the fields of Technology and International Business has reinforced my belief in the value of staying curious, combining different fields, and fostering cross-field collaboration to drive innovative solutions that promote Mental Health and Resilience.



Treasurer- Islem Weslati

My bachelor's degree isn't psychology related, I majored in Translation because of my love for languages. I've decided three years after my graduation, that my passion is beyond just languages.

Indeed, what I was really seeking is grasping human connection. How I can contribute to the psychology club is, first and foremost, my time. As a full-time student, I am deeply committed to learning more about the field, driven by my enthusiasm for exploring new topics and engaging with diverse individuals. I esteem myself to be an ambitious and a purpose-driven person who approaches every topic with a curious mindset and willingness to learn. Shying away from asking questions is not my thing and my discipline allows me to self-reflect and express myself continuously. It's also natural for me to connect with others and socialize, making me an effective team player and an inclusive individual with a profound interest in the dynamics of human behavior, especially regarding cultural differences.



As a Psychology Club, we aim to give a voice to Psychology majors while fostering collaboration with students from other disciplines. We provide opportunities for students to apply their skills and make a positive impact both on and off campus. Our focus is on organizing events and activities that promote emotional regulation and resilience. By engaging students from diverse backgrounds, we create a supportive community that encourages open dialogue, personal growth, and cross-disciplinary learning. Through these initiatives, we aim to enhance well-being, build resilience, and empower students to contribute positively to society.



SPRING 2025 COUNSELING CENTER EVENTS

Wellness Event Lecture & presentation

The importance of the day centers for the mental health of the community



Η σημασία των Κέντρων Ημερας στην Ψυχική Υγεία της Κοινότητας.

Presenter: Maria Kokkinidou, Psychologist at IASIS

Eleftheria Bitouni & Zoe Blerta, MSPSY-CHMC Graduate students.

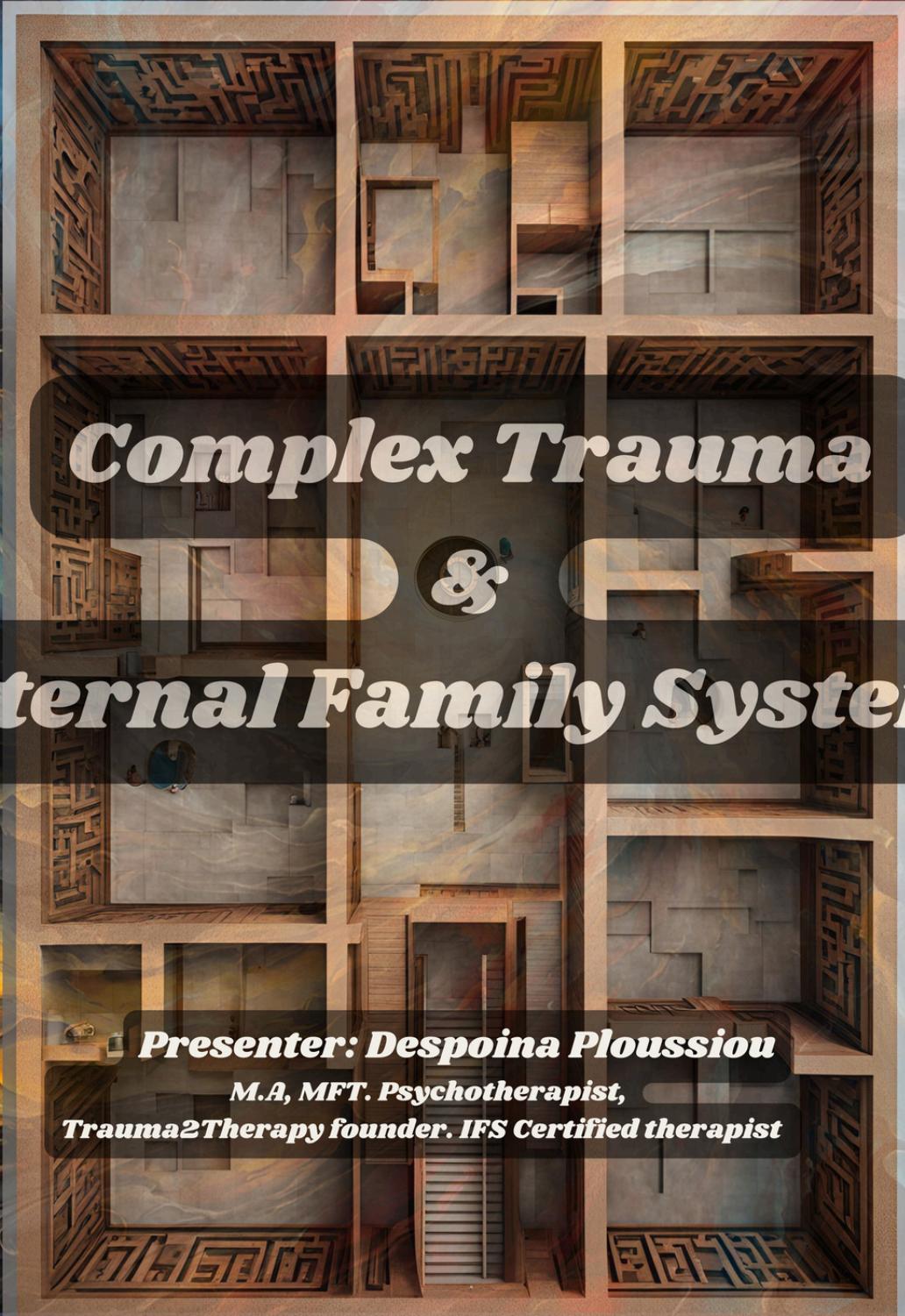
Date: Thursday March 13th,

Time: 3:30pm-5:00pm

Location: 6th floor boardroom

Language: English

Wellness Event Lecture & presentation



Complex Trauma & Internal Family Systems

Presenter: Despoina Ploussiou
*M.A, MFT. Psychotherapist,
Trauma2Therapy founder. IFS Certified therapist*

Date: Friday March 14th,

Time: 16:00-17:30

Location: 6th floor boardroom.

Language: English

Registration: Please email counselingcenter@hauniv.edu

Wellness Event Lecture & presentation

Building Resilient Relationships through Boundary Setting

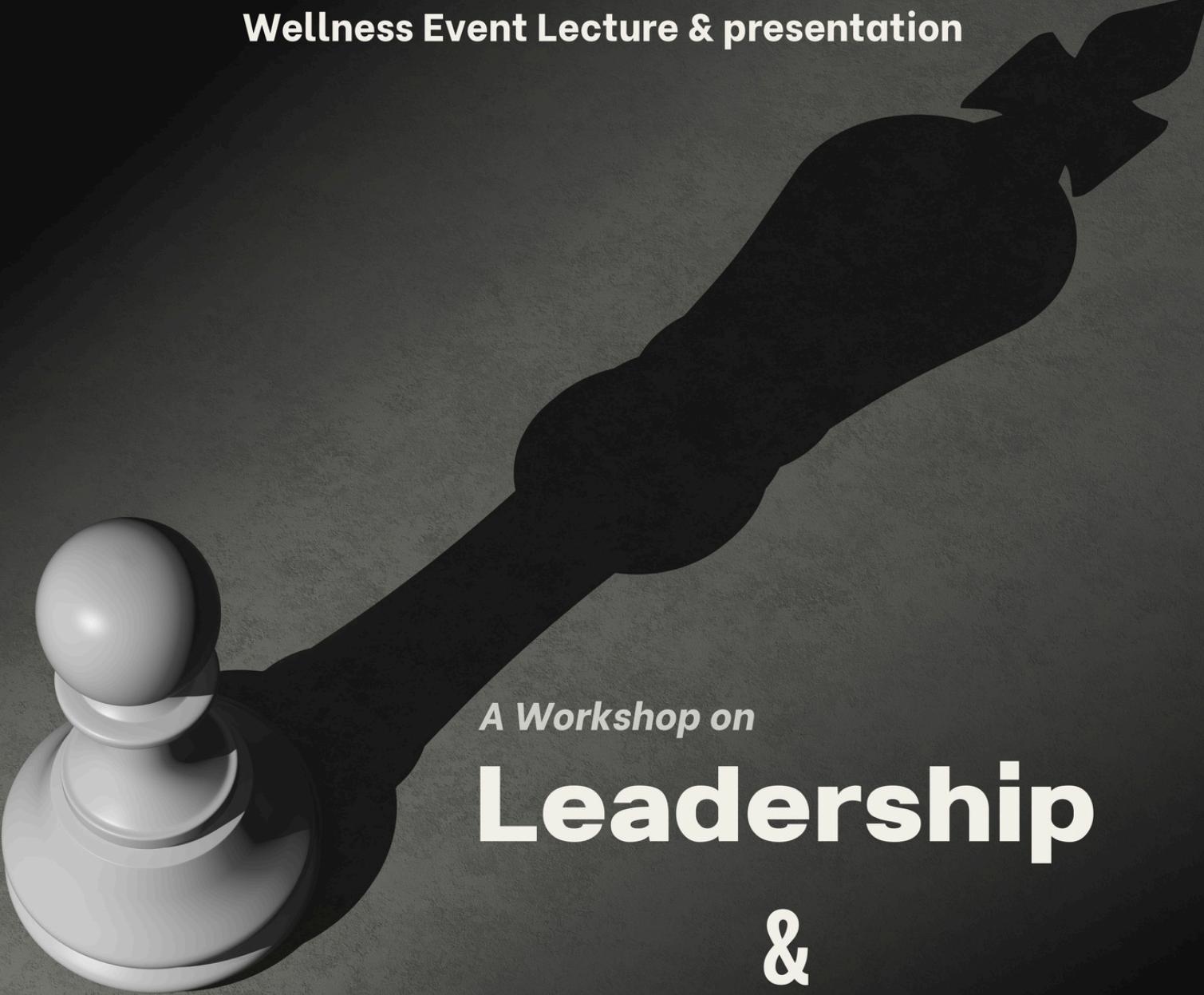
Presenters: Rachel Parker and Vanshika Parswal
MSPSY-CMHC Graduate students



Date: Friday March 21st
Time: 11:00-12:30pm
Location: 6th floor boardroom
Language: English

Registration: Please email counselingcenter@hauniv.edu

Wellness Event Lecture & presentation



A Workshop on

Leadership

&

Self-Deception

Presenter: Arthur Antonopoulos

Psychology faculty

Date: Friday, March 28th

Time: 12:00 - 13:30

Location: 6th floor boardroom.

Language: English

Registration: Please email counselingcenter@hauniv.edu

Psychoeducational Group



Presenters: Rachel Parker, Giselle Meza-Balbuena and Konstantina Dendraki
MSPSY-CMHC Graduate students

Date: Tuesdays (as of April 1st - May 20th)

Time: 12:00-13:30

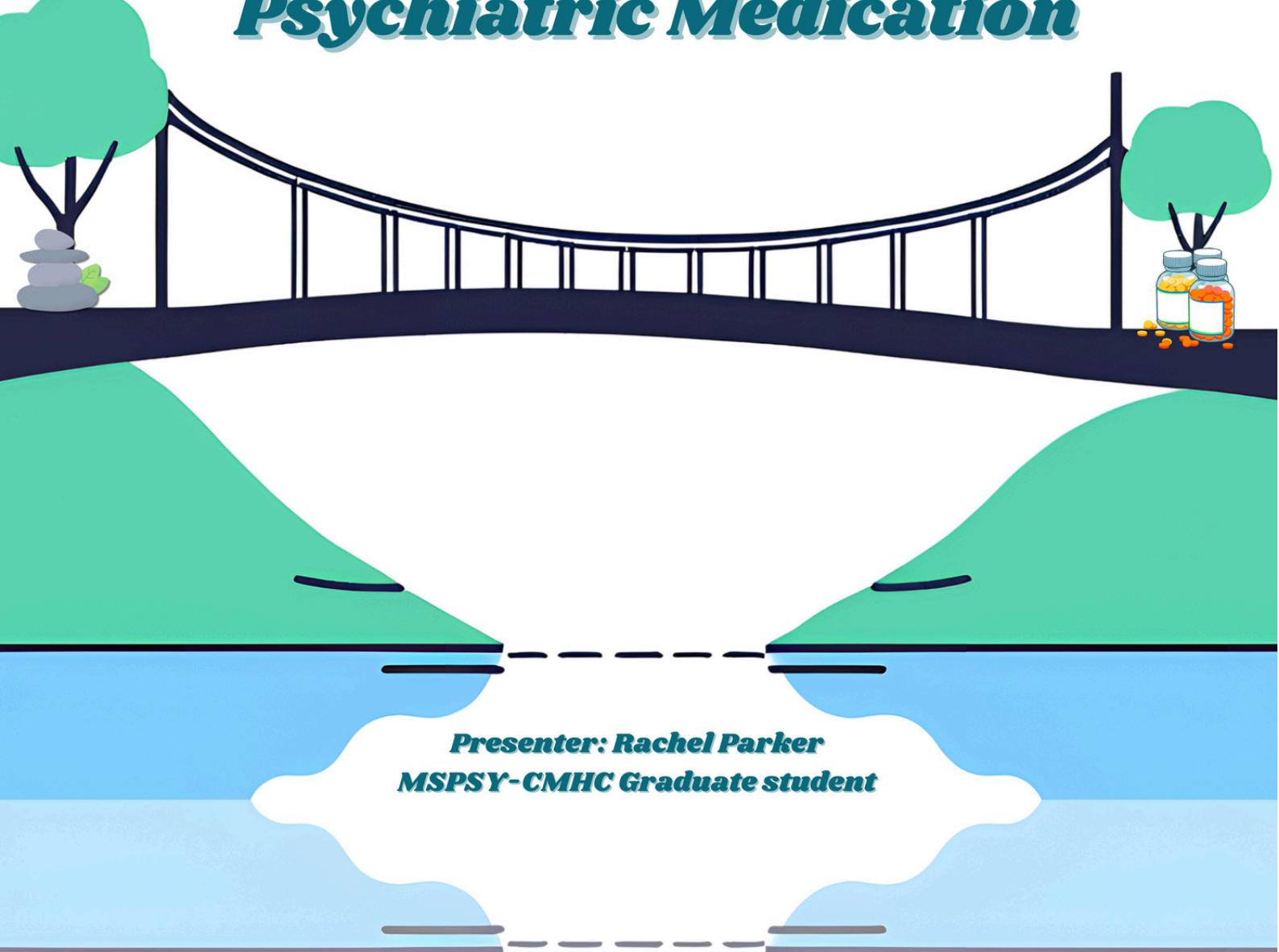
Location: Online

Language: English

Registration: Please email counselingcenter@hauniv.edu

Wellness Event Lecture & presentation

***A Therapist's Guide
to
Psychiatric Medication***



***Presenter: Rachel Parker
MSPSY-CMHC Graduate student***

Date: Thursday April 3rd

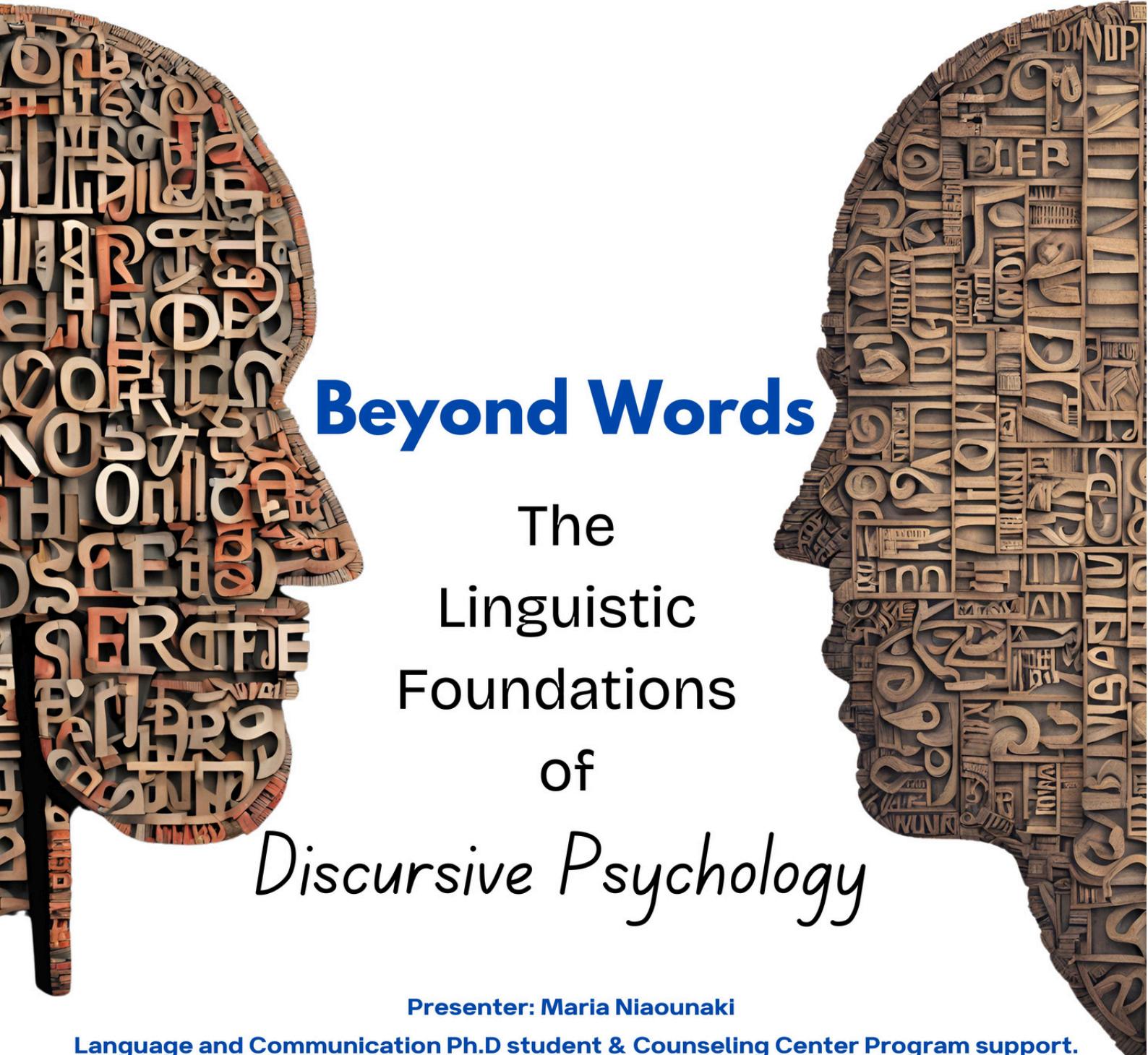
Time: 12:00-13:30

Location: ROOM 511-512

Language: English

Registration: Please email counselingcenter@hauniv.edu

Wellness Event Lecture & presentation



Beyond Words

The Linguistic Foundations of Discursive Psychology

Presenter: Maria Niaounaki

Language and Communication Ph.D student & Counseling Center Program support.

Date: Friday, April 11th

Time: 14:00-15:30

Location: Room 511-512

Language: English

Registration: Please email counselingcenter@hauniv.edu

This is a publication of the Psychology Division of Hellenic American University. Share your ideas about what constitutes well being! The Wellness Bulletin will come out every Spring and Fall. Please send your contributions to lmcmullin@hauniv.edu



Contact Information:

Dr. Lindy McMullin
Director of Psychology Department
Email: lmcmullin@hauniv.edu

Send your article with references APA style - (Mate, 2017)

Hellenic American College
Massalias 22, 10680 Athens, Greece
Hellenic American University
436 Amherst St. 03063 NH, USA

