

EMOTIONAL INTELLIGENT BEHAVIORS AND SMART CHOICES THAT REQUIRE ACCEPTING HEALTHY STRESS

This list identifies over 100 examples of healthy thoughts and behaviors that can require accepting healthy stress. A few are, perhaps, somewhat similar. Please be aware that it is possible to have such resistance to avoiding healthy stress that even reading a healthful list such as this can feel negative, rather than as positive and enlightening as it should.

Hopefully, you will think of several smart choices that you have made by enduring healthy stress by reading this list. You may also find an example or two that trigger a familiar situation where you avoided healthy stress. Depending on how far you have journeyed into your mind, emotionally, it may be hard to accept much immediate change toward embracing healthful stress. Please stay with this more taxing lesson group to learn special direction and techniques to help you accept healthy stress and, thus, heighten your EQ.

At this stage, we mainly want you to learn to identify the difference between healthy stress and other types of stress and acknowledge them. In the next lesson, 4A1 Obstacles to Healthy Mind Development, we will apply more focus on teaching you how to overcome the obstacle of avoiding healthy stress.

Emotional intelligent behaviors and smart choices, in general, which require healthy stress are:

1. Healthy effort to accept confusion and struggles involved to search for a better, healthier way to do something.
2. Healthy effort to accept consequences of inappropriate actions.
3. Healthy effort to accept more difficult yet healthy disciplines.
4. Healthy efforts to accept restrictions that are beneficial to our/others well-being.
5. Healthy effort to act more responsibly.
6. Healthy effort to adjust our attitude to a healthier perspective.
7. Healthy effort to admit that we are wrong or have done something wrong.
8. Healthy effort to apologize for a wrong done.
9. Healthy effort to apply our conscience to direct more of our actions.
10. Healthy effort to be honest with ourselves, when it is painful and embarrassing.
11. Healthy effort to be honest with ourselves, when it means extra work.
12. Healthy effort to be honest with ourselves, when it means we will lose some power.
13. Healthy effort to be more accountable.
14. Healthy effort to be more consistent toward healthy endeavors.
15. Healthy effort to accept bittersweet endeavors with healthy sensible gain.
16. Healthy effort to build strength, emotionally and/or physically.
17. Healthy effort to care for children and others who need responsible overseeing.
18. Healthy effort to care for others who are ill, handicapped, irritating, or frail with unusual special needs.
19. Healthy effort to be precautious to recognize and be alert about how we perform potentially hazardous activities.

20. Healthy effort to challenge ourselves and others in healthy ways.
21. Healthy effort to change most any behavior for the better.
22. Healthy effort to cooperate and compromise.
23. Healthy effort to be consistent about important behaviors.
24. Healthy effort to be courageous.
25. Healthy effort to deal with unhealthy irritations, appropriately.
26. Healthy effort to defend what's worthy, diplomatically.
27. Healthy effort to depart on as civil terms as possible, when unhealthy and irresolvable differences in relationships.
28. Healthy effort to do our part to resolve problems with others.
29. Healthy effort to eat a more balanced diet.
30. Healthy effort to educate ourselves about our own mind.
31. Healthy effort to educate ourselves through most any structured program.
32. Healthy effort to endure healthy adjustments to our routines.
33. Healthy effort to evaluate our thoughts and behaviors with more frequency.
34. Healthy effort to exercise enough and in the best ways.
35. Healthy effort to try to remember something important.
36. Healthy effort to remember from embarrassment to avoid similar future problems.
37. Healthy effort to visit those confined to nursing homes, hospitals, or other special care facilities.
38. Healthy effort to do something we find disgusting, yet is healthy to do.
39. Healthy effort to share information of value in front of a group.
40. Healthy effort to manage irritating and taxing emotions.
41. Healthy effort to manage overwhelm.
42. Healthy effort to manage our priorities in healthful ways.
43. Healthy effort to help others in need.
44. Healthy effort to act honorably.
45. Healthy effort to improve self-care/self-management.
46. Healthy effort to increase our conscientiousness.
47. Healthy effort to face inappropriate fears or fears we need to get over.
48. Healthy effort to accept changing job responsibilities.
49. Healthy effort to learn anything with a moderate degree of difficulty.
50. Healthy effort to learn to deal with stress in healthier ways.
51. Healthy effort to learn how to do something or do something better within our grasp.
52. Healthy effort to learn what it takes to improve our relationships.
53. Healthy effort to let go of something or someone not healthy to keep.
54. Healthy effort to let go of doing something unhealthy that our primitive emotions inappropriately yearn to do.
55. Healthy effort to listen to quality direction from our wiser intelligence.
56. Healthy effort to listen to wise advice from others.
57. Healthy effort to look for and use healthier approaches to guide us.
58. Healthy effort to look for and use healthier approaches to resolve differences.
59. Healthy effort to be more careful after losing something of value.
60. Healthy effort to not get into a relationship as quickly as our hormones may desire.
61. Healthy effort to pause when heavily focused to consider other things we need to think about and/or do.
62. Healthy effort to be patient and know when it is important to do so.
63. Healthy effort to plan an important event.
64. Healthy effort to play a healthy, vigorous, or complex game.

65. Healthy effort to practice mind enhancing skills.
66. Healthy effort to practice skills and participate in activities that help us better manage our natural/primitive emotions.
67. Healthy effort to practice mastering an important skill, yet not something we favor.
68. Healthy effort to prevent our minds from throwing caution to the wind.
69. Healthy effort to balance ample self-care, while caring for others who are ill, frail, irritating or handicapped.
70. Healthy effort to balance ample self-care, when caring for children.
71. Healthy effort to put more order to our lives.
72. Healthy effort to question our own actions for errors in judgment more consistently.
73. Healthy effort to question others actions for errors in judgment, yet cautious to express our questions and comments diplomatically.
74. Healthy effort to read, write, practice, and study to prepare for tests and/or increase worthwhile knowledge and skills.
75. Healthy effort to reduce our own and others inappropriate complaining.
76. Healthy effort to reduce intolerance when healthful to do so.
77. Healthy effort to reduce over-indulgent pleasures.
78. Healthy effort to reduce self-centeredness.
79. Healthy effort to reflect on mistakes we made, in general, in order to remember to do better in the future or recognize how a mistake may have created a better option in the long run.
80. Healthy effort to remain more alert and pay closer attention to important detailing about our thoughts and behavior to expose inappropriate ones.
81. Healthy effort to sacrifice extra time, energy, and money to healthfully benefit others.
82. Healthy effort to say no to something we'd love to do, but not healthy to do or do now.
83. Healthy effort to spend more time catching up on priorities or expenses.
84. Healthy effort to spend more time learning to improve our emotional intelligence.
85. Healthy effort to spend time thinking about something that is healthy to think about, yet irritating.
86. Healthy effort to stop/wean ourselves from addicting and/or dysfunctional behaviors.
87. Healthy effort to stop ourselves from thinking inappropriate thoughts.
88. Healthy effort to stop self-defeating thinking and behaviors.
89. Healthy effort to continue when on an important mission, when we prefer giving up.
90. Healthy effort to take on most any healthy challenge.
91. Healthy effort to tell the truth to others when it is embarrassing or costly.
92. Healthy effort to try to do our job more efficiently and effectively.
93. Healthy effort to try to find something important.
94. Healthy effort to try to improve our relationships with others.
95. Healthy effort to try to resolve a puzzle or dilemma important to resolve.
96. Healthy effort to uncover a wrong doing.
97. Healthy effort to ward off problems.
98. Healthy effort to get necessary things done, rather than procrastinate.
99. Healthy effort to express and share important, yet complicated things with others.
100. Healthy effort to reduce fantasies and illusions that can distort thoughts and behavior.
101. Healthy efforts to do kind things, in general, which are demanding and sacrificial, yet helpful and beneficial to others and our outside world.
102. Healthy efforts to investigate our position to assure we aren't reasoning from an uneducated, inappropriately biased standpoint.