



Dr. Divya R. Panjwani is Assistant Professor in Department of Education, Integral University, Lucknow. Her educational repertoire includes B.Ed., M.Ed., M.Com., M.B.A., M.A. (Sociology), MA (Economics) and Ph.D. (Educational Psychology). She has six years as a Team Leader and Manager.

Fourteen years of Teaching Experience in Higher Secondary School and Higher Education. She has 10 Research Papers in National and International Journal, Ten Chapters in Edited Book and Seven Edited book into her account. She has attended more than 15 National and International Conferences, Convenor in more than eight Faculty Development Programs, Conferences and workshops. She is working as a Subject Matter Expert for Life Skills Education and Work Education under Tata Consultancy Services. Divya Panjwani has been selected as a member of Flying Squad for ISC Board Examination for four consecutive years from 2019 to 2022. She has published Academic Buoyancy Scale and One Indian Patent. She has received the award of Best Doctoral Thesis by Unifacvest, Brazil. She has been appointed as an Academic Consultant for SCERT, Patna. She is also working for the development MOOCs Course for SRM University. Her expertise spans are Information and Communication Technology, Positive Psychology, Statistical Analysis, Research, Teaching Methodologies, Career Counselling to Students, Commerce and Accountancy.



Dr. Soumya Pandey is an Assistant Professor, psychology Department of Humanities and social sciences and serving her duties as student Counselor at students Counseling cell, Integral University. She has completed her PhD in the field of Psychology. Diploma in Counseling and Family therapy. She has around 10

years of experience in Counseling and Clinical psychology. Dr.Soumya is co-guide of MD Pediatrics thesis and co-author in many researches papers. she has served her duty as Child Psychologist in pediatrics Department, and Research Fellow in Geriatrics Mental Health Department, King George's Medical University, Lucknow. Also she is serving her duties as Consultant Psychologist in NGO for Public Mental health development. She has done the 2 projects and Project Coordinator funded by Einstein Global Health Center, Albert Einstein College of Medicine, Bronx, New York. She has received invitations in many programs As Resource Person to give Lectures in specific themes. She has attended more than 15 plus national and international seminars and conferences in which she presented various research papers. Around 10 Publications/research work has been published in national and international journals such as BMJ and APHA. Her expertise spans are in child psychology, clinical, mental health, positive psychology counseling, career counseling and psychological Assessments.

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Human Emotions

SOCIAL CONNECTIONS AND PERSONAL WELL BEING

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CHAPTER 12

Emotional Mastery: Practical Tools for Success in Life and Work

Dr. Soumya Pandey¹ and Neha Roshni Yooshing²

Abstract

Emotional mastery encompasses recognizing, understanding, and effectively managing one's own emotions and responding constructively to others. This chapter explores the significance of emotional control, highlighting its role in reducing stress, enhancing decision-making, and fostering personal and professional success. It delves into techniques for improving emotional intelligence, including self-awareness, cognitive reframing, and mindfulness. Emphasizing the importance of healthy emotional expression and stress management, the chapter also discusses strategies for building emotional intelligence in social contexts. Ultimately, emotional mastery is presented as a foundational skill for achieving long-term well-being, effective leadership, and strong interpersonal relationships.

Keywords: emotional mastery, emotional intelligence, self awareness, emotional control, stress management.

Introduction

Definition of Emotional Mastery

Emotional mastery refers to the skillful recognition, understanding, and management of one's own emotions, as well as the ability to respond effectively to the emotions of others. It involves a high degree of emotional intelligence, including self-awareness, self-regulation,

¹ Assistant Professor (Psychology) Department of Humanities and Social Sciences Integral University, Lucknow, U.P., India.

² Assistant Professor (Psychology) Department of Humanities and Social Sciences Integral University, Lucknow, U.P., India.

motivation, empathy, and social skills (Goleman, 1995). This concept does not entail suppressing emotions but navigating them constructively to foster personal well-being and healthy relationships. Emotional mastery enables balanced and thoughtful decision-making even in challenging situations, transforming potentially impulsive reactions into measured responses (Salovey & Mayer, 1990).

Importance of Emotional Control

Effective emotional control is essential for achieving success in both personal and professional spheres. It aids in reducing stress and anxiety, facilitating better management of life's pressures without leading to burnout (Gross, 2002). In professional environments, emotional control enhances leadership capabilities and teamwork, fostering trust and respect among colleagues and creating a productive atmosphere (Barsade & Gibson, 2007). Leaders who maintain composure during crises can provide clear direction and stabilize teams, thus ensuring effective problem-solving (Goleman, Boyatzis, & McKee, 2001).

Emotional control is also crucial for rational decision-making and problem-solving by allowing clearer and more objective thinking (Damasio, 1994). In personal contexts, it promotes better relationships and mental health through empathetic communication and conflict resolution (Brackett, Rivers, & Salovey, 2011). Overall, emotional mastery underpins personal growth, professional success, and long-term life satisfaction by enabling effective navigation of complex emotional and social landscapes.

Self-Awareness

Identifying One's Emotions

Recognizing and naming emotions are foundational steps in achieving emotional mastery. Techniques such as mindfulness and journaling help individuals pinpoint their emotions, enabling a clearer understanding of their emotional states. This awareness is crucial for self-regulation, as it allows for proactive management of emotional responses rather than