Unlocking Emotional Intelligence (EQ) with Navi Hughes | Mental Power Series Transcript

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Introduction to Doctor Talks and EQ

The goal is never emotional intelligence. The goal is never therapy. The goal isn't yoga. The goal isn't meditation. The goal is to have a smile on your face when you come home.

The goal is to have meaningful relationships. The goal is to trust people to build better connection. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Hello again, everybody. Welcome back to Double Down with Dr. D. I'm Dr. D, triple board certified physician, and today I have an awesome conversation on mental health.

So today we're going to dive deep into emotional coefficient, EQ, which is emotional intelligence. For that, we invited a very special guest, Navi Hughes.

She is a board certified child and adult psychiatric nurse practitioner, psychotherapist, and emotional intelligence coach. Her work as a psychiatrist sits in the intersection between insight and healing.

And she can explain to us the bridge on how psychology, psychiatry, and emotional intelligence, they can all combine together as a tool for healing, a treatment.

Hi, Navi. Welcome to Double Down with Dr. D. Hi, Dr. D. It is so good to be on here. It's a pleasure to call you my friend. It's just an honor to be here and talk about my mission.

Navi, it is an honor for me too that I met you and now we're friends. We all in this world need friends like you. Let's start with the basics and fundamental question.

Let's explain to our audience what emotional intelligence means. We're going to for now on refer to EQ, which is emotional coefficients and how it differs from IQ, which is intelligent coefficient.

Yeah. So emotional intelligence or emotional quotient is based on our understanding of our own emotions, how we process those emotions and how we move through them.

So there's, when we look at emotional intelligence, we assess the level of emotional literacy. Most people, it's hard for them to tell me how they feel, when they feel it, and what they're gonna do about it, right?

Like there's no clear path if I'm angry to how am I gonna dissect that and what am I gonna do with it? And that's where emotional literacy comes in. And it builds your level of emotional intelligence, which is again, understanding validating and moving through those emotions, how your level of emotional regulation.

Compared to IQ, it is more based on, like when my patients come in, IQ, I assess that as well. You know, how are you doing in school? Mathematics, reading, science, how are you doing in those fields?

Defining Emotional Intelligence vs IQ

That's how we measure, you know, like when you take your SATs, you're assessing a level of intelligence right it's not emotional intelligence which hasn't been taught to us like traditionally we don't practice we don't say how well is your emotional intelligence like can you describe that to me is there a number with your IQ there are numbers it is very objective You know, as humans, we need subjectivity to connect with one another.

And I feel like that portion is missing in medicine. In any field that I can think of, it is missing that we can do better. to tell you something, when I discovered EQ, which it was obviously many decades after I knew about IQ, right?

Being a physician, I know exactly how it works, what's the test, which standardized test will give you a number, and then we decide if a person is average, above average, under average, et cetera, borderline.

That's an absolute objective way of knowing someone, their logic way of thinking. There is a little bit of abstract thinking there, but totally different.

And one coefficient doesn't have to match the other coefficient at all. And it happened to me when I discovered EQ. I actually received a book at one point, and I found that super interesting.

At the end, the book has a questionnaire supposed to be standardized. And I took that test. And let me tell you, I did not perform well in EQ. But the positive thing of who cares how much is your EQ is that there is always a room for improvement.

You can always increase your EQ from teaching and from like a coach like you. Different is the IQ. Yes, the IQ it can it can swift depends of your age and how much plasticity you have in your brain but it's almost set in stone and in most of the cases let's say relatively is set on stone so so that's the big difference but people kind of get confused IQ EQ what is that right so it's super important to make the difference first and to understand that the language The way how we communicate is the basics of this intelligence because it's an intelligence.

So let's talk about a little dilemma here. Now that we explained to our audience what EQ is, would you think that EQ might backfire? Can someone use their EQ skills to manipulate others?

So when we look at IQ, it only gets you so far in life, right? You're in your younger years, you're trying to meet your basic needs, food, water, shelter.

And then we look at your other basic needs, which is your safety, your financial resources, the money you make, and you tie your identity up in that max level that IQ gets to.

Like that's it, right? Like your career. But you go beyond that and you couple logic with empathy or emotional intelligence. You can reach a level of self-actualization and purpose that you can never get to with IQ.

Yes, you need good IQ. Definitely helps. But EQ. takes you to the level of self-actualization and fulfillment, which is the ultimate empowerment tool.

Without it, you can't move people, you can't lead people, you can't be fully confident in your skin. IQ gets you to a certain point in life and it's very valuable maybe to that career level, but it's not going to be that game changer, that feeling that you're looking for in success.

Wow. This is a power for powerful tool. This is amazing. I love it. That just little paragraph you just said there is perfect for a clip. It's like the ultimate clip.

That's awesome. Okay. Thanks. Let's talk about the dilemma. Yeah, so to address your question first with the dilemma, there's a couple things. Okay. I've noticed in my own research, I do marketing, I create content, I know the back end of things.

So when you look at the dilemma of emotional intelligence, you can use it against people yes we all manipulate to get the results we want in life manipulation how you do it with but you can manipulate what everyone manipulates right like we all want certain results that's all manipulation is you have to look at the intentions behind that?

Am I trying to push something on you that are not within your values, right? So then that turns into I'm manipulating you into what I want, not what we want.

It's not a win-win situation. And that way you can use emotional intelligence in a way where it's dark psychology, which is used in a lot of marketing techniques is dark psychology, depending on the person and their intention.

Well, that's very interesting. I love when you blush when you say dark psychology because you know it's naughty. It's naughty to use manipulation and dark psychology.

And I get it. We see it in a lot of narcissistic personality disorder because there's a manipulation and then there's an addiction that someone else experiences as a victim.

That's interesting. Yeah, there's an interesting dynamic of how people can control the other people. Very interesting. Exactly. So emotional coefficient, you want it, you want to develop it, but the ultimate objective should be that, the purpose.

And that brings me to the next question, actually. The purpose of emotional intelligence. Is emotional intelligence truly about personal growth or is indeed a productivity tool dressed up as a self-awareness?

Can EQ Be Used to Manipulate?

Yeah. So emotional intelligence encompasses all of that, okay? So you can't really be super productive if you're not self-aware, right? Like there has to be a level of self-awareness.

What do I value? What do I want? This is my goal in life, right? And then on the other side is you can, when you say a tool, I think emotional intelligence of the overarching picture, like IQ, right?

IQ is not, a tool, it's a level of intelligence, right? So you use it to get where you need to go. With IQ, it's a little bit more selfish, more self-driven.

With emotional intelligence, as I was mentioning, it's empathy, it's situational awareness, and self-actualization. which is hard to get to if you can't be in service to others.

If you're looking for more transactional relationships, then emotional intelligence is not needed. But that's your max. You're not going to reach your purpose without emotional intelligence.

So if you have a level of emotional intelligence, if you possess that skill, You can do active listening, you can communicate, you can serve others in a better way.

So it's more than just a self-serving tool, but you have to start with yourself and self-awareness and get your life in order with your productivity and all of that.

So it's a stepwise process which starts with you. Okay, I understand the perfect. Absolutely. The good for the others purpose should be part of that tool.

That tool should be used in that spectrum. Otherwise, it's not really part of the definition of EQ. Right. Think of it as an empowerment pathway. How do you empower people?

How do you lead people? How do you step into your next role? Like I said, you can use it for benefit of yourself. But what I find when I work with older women, the main regrets they have is not having a connection, deep connections.

People always want something from me. They're always asking me for something, right? Because that's how you presented yourself. You didn't build those deep connections.

It was all about transaction. And that's, that's when you see all the regrets in your life when you're older is you didn't make time an effort to build those relationships apart from being so transactional that everything is about money and goals, self-serving goals.

Okay. Yeah. So I see the, I don't want to say the word altruistic because it's not an altruism, but a purpose that benefits a community and not a self-centric kind of magic that you can become very good at it.

Yeah, when you look at self-actualization, when you look at reaching your higher purpose, part of that is service to others. It's community. It is what we all crave as humans, whether you like to admit it or not.

I agree. I agree. And we know that in lifestyle medicine is if I have to pick one of the pillars, a sole factor that indeed is going to invest in longevity in longevity includes health span and cognition.

And it is community and mindful relationships is that's been proven by the Harvard study. on and on. So I agree with you. I'm going to bring you to my next question.

And it seems emotional coefficient is like a language, right? And it has like a grammar and a vocabulary. Can I say like, do I speak emotional intelligence?

Is that a language? And if it is, can you just elaborate for us how that grammar and that vocabulary, those ingredients of this language, will be taught or explained to the person who is being under your coaching.

Yeah. So, one, it is unfair for us to expect everyone to be emotionally literate when they weren't given a blueprint. But that doesn't dismiss us from the accountability.

It's not your fault, but it is the accountability factor you need to have to build that language. When you look at IQ versus EQ, it is similar there. You can't really speak in IQ and you can't really speak in EQ, but you can speak in like science.

EQ as Purpose, Growth, and Connection

You can speak like mathematics. You can look at data, right? You can speak to certain points, like certain pillars within underneath the umbrella of EQ.

So there hasn't ever been, or to my knowledge, we haven't taught emotional literacy in school. And there hasn't been like this blueprint, right? We're doing all the external things like we're emotionally regulating.

We're juggling like all these mental gymnastics of do I need to go meditate? Do I need to go journal? Do I need to get this type of therapy? And we are just so lost in playing mental gymnastics all day.

And it's taking away from our life. Right? Like it's taking time and effort in that the goal is never emotional intelligence. The goal is never therapy.

The goal isn't yoga. The goal isn't meditation. The goal is to have a smile on your face when you come home. The goal is to have meaningful relationships.

The goal is to trust people to build better connection. So when I look at where we're headed, that is the goal with emotional intelligence. I want you to have all the ambition, but also have the connection, have the peace in the progress, right?

So that is the outcome of emotional intelligence. And how I've built this force is I founded the course on these pillars of self-awareness, motivation, adaptability, resilience, social skills, and active listening, empathy, and communication.

Those are the pillars that make up EQ. Like you have pillars that make up IQ. And this is the blueprint and the language I had to build for my patients and for myself because I lacked it.

I can get off my high horse. I used to be so reactive, not intentional. If things didn't go my way, it would be like days of drowning myself in dread and blaming everyone else and complaining and this negative energy that I gave up

the power to all the external things.

So I knew I needed it. I knew my patients needed it. And when you can understand what's going on between your mind and body, it's easier for you to verbalize and less confusion in your brain and body.

And your mind feels more in safety mode. And that's a calm mind when it feels safe. That's pretty clear, very nicely put together. So this is the blueprint.

This is the map with an objective and the pillars are the tools. So we already have the map and you already have the tools and I'm assuming all those tools that obviously I couldn't memorize because there were many.

But they kind of made sense for me. So I am assuming or let's give a give us an example. So this is you have a client and so you already established the objective.

And like you were saying, I love the analogy on you don't do yoga and you don't do breath work and you don't go for a hike on the park just because that's the objective.

The objective it is to make you happy and at peace. That's what we are all hoping to have is a smile at the end before going to bed. happy of our day.

I agree the objective could be even simpler than we think when we get stuck into the all these little pieces that we have to put together to write our objective.

So the pillars that you put on the table are they like individualized? Like each person will have a specific way to develop each of those pillars? So I've defined what each one is and I've I've defined it and I've built a strategy around it, a small homework assignment.

So you need strategies to solidify the concept, right? When you learn in school, the teacher, they teach you, here's the definition and here's how you practice it and think critically through it.

So it's real life application tools that I've built that are very, very small. that have compounding effects. It's not like school when you memorize all the details and you go take the test and you pass and you get your check mark.

Then you forget them because the objective was to pass the test and that's it. I don't even remember what mRNA does and all of that stuff. But because I don't live it every day, right?

So it's not like that. This you test out your strategy in real life. Did I have that outcome that I was looking for with my employee? Did we get that conflict resolved?

Was I empathetic? Did I meet their needs? Did I address what my husband was talking about? Did I connect with my son or did we end up in a full blown argument over and over again?

So that's how you test out these pillars in real life. where all the action is happening, especially as an entrepreneur, ups and downs and conflict resolution and the resilience to keep going is tested every day.

Even as a healthcare provider, you know, you have patients just coming in, they have like a thousand problems. How do you keep emotionally regulated? How do you proceed with intention without reacting?

So this is also built for healthcare providers that actually need it because they weren't taught it in school, right? Like there was no, here's your EQ plan.

It was all about IQ, get the grades and that was it. Right, right. I agree. I mean, I hope a lot of providers are listening to this podcast and understand how they need you.

I do, I do. But then if I do, I have a question too, because this is how I shopped in my life. Once I learn and I learn

my EQ, once I achieve certain level of EQ, then I won't forget and I won't decrease that level back.

Do I need maintenance? Do I need a check-in here and then? We all need check-ins, you know, like we talked about earlier. We complain, right? Everybody complains.

I don't care who you are. You can say, I don't complain. It's a lie. So we all complain as humans. It's your ability to maybe turn that complaining down a notch and maybe cognitively reframe that thought process.

and how you can switch your perspective in finding a solution while still addressing and validating the feelings behind it, right? So if I, for instance, I wanted to be on a podcast, I got rejected.

Am I going to feel so hurt and complain about it for days to where it's going to destroy my career? Or am I going to say, okay, they said, no, this time that hurts.

The Language and Blueprint of EQ

I addressed the feeling. I address the rejection. Now, what can I do better next time and who else can I reach out to? Okay, but that doesn't answer my question on, do I gonna need in the future again to go through all my pillars?

I have a good self-awareness of, oh, okay, I'm going backwards a little bit, but do I need to knock the door on Navi and say, Navi, just reset me again, bring up the blueprint, let's start.

So the way I work is I want you to need me less. Okay, yes. I want you to lead me less, meaning we reach a stage of self empowerment eventually, right?

Like, you know, when you get there. Think about it after med school, you became this provider, you went to your clinic, you have these tools, you're in longevity medicine, you've transcended to a certain point.

And when you reflect back on how you were, you're like, I'm not going to be like that again. I'm not going to be catty and reactive. I want to help people move forward.

So you've already reached This level, you're not going backwards, you're always improving your processes. Every time, in humans, there's always a problem to be solved.

Every time you solve that problem, there's another problem. How well are you able to solve these problems in your business and keep moving forward? You use emotional intelligence.

You use less reactivity, more intention. And that's practicing those skills and resetting yourself day in and day out. Now, the process gets easier the more you practice, just like with anything else.

You won't have to think, oh, do I need to pull out my resilience hat? Or do I need to go back to my self motivation? Or do I need to actively listen? No, those skills get set in you because You tune in, you get more present by the day, you actively listen, you're actually looking into somebody's eyes and putting away the phone, you spend intentional time, and that builds patterns.

We all learn by patterns. So your brain is learning what you're teaching it, the way you speak, the way you move, the way you show up in the world. Your brain is building that neuroplasticity to move you forward.

So you can move yourself forward because the goal is not for you to stay in coaching for years. Again, it's not to come to stay in therapy for years. That is not the goal.

You can bounce back and forth. We all go through life. Like when I I lost my husband, like I would have needed this then, right? You have big moments that you do need that kind of support where your brain is emotionally hijacked and compromised.

Then you pull in that person for help just to move you forward. But it doesn't forget, it's like riding a bike. Okay. Did that answer your question? Yes.

Yes. I was about to ask, it's like riding a bike, right? Okay. Is that right? You haven't do it in a long time. It will come, right? Or speaking a language, if you speak multiple languages, sometimes at the beginning takes a little bit of time to get into it.

Then if you are in the environment and you are with the community, then you speak that language. You hit on a great point is you said community. Okay, that is everything because that is your environment.

When you're in a toxic environment, you can't reach your highest form of self because everybody around you speaks a different language. So if you want to speak a better language, you want to grow.

What is that saying? You still found yourself. Huh? You're the average of the people that surrounds you? Something like that. Or like you need a bigger bowl for a fish.

Whatever the saying, I'm not good with sayings, but put yourself in a bigger bowl for fish. Whatever. You need like people that have the aligned goals that are ambitious and aligned like you are with their values.

And that requires a level of emotional intelligence. So I'm seeing this almost like an absolute necessary tool to become a leader, to create good relationships, and even to be a good human.

And this is a little sneak and peek for an episode that you and I are going to have in the future. And it's about life towards death and how we make life absolutely valuable through the years before time, because we are old, and the legacy.

So that's going to be for another episode, legacy. But I'm trying to think that it is absolutely necessary for your legacy in this world, because that's what it is.

Because once we talk about purpose, we talk about legacy, because we all have to live print behind this moment in life and I hope that everybody who's listening to this is thinking I want to leave something behind before I departed because it is important it's called a legacy and I truly believe that as a human we all have to leave a legacy behind very individualized legacy but a legacy leave something behind So I'm assuming this emotional coefficient, it is part of being a human that it has a purpose, it has values, and it's going to leave a legacy behind.

But I just want to now talk about how it is also one of your instruments for healing and for therapy. Explain to us that when all these bridges connect, ecology, psychiatry, you are a specialist and an expert in treating ADHD, PTSD, anxiety disorders, bipolar.

And all this creates, obviously, there is, I don't want to say it's an algorithm, but let's say it's a standard of how to treat those mental health conditions.

But you brought up that emotional intelligence. It has to be in the whole recipe as an important ingredient of this therapy and this healing. Can you just walk us through how these all kind of balance together?

Yes, I just have to touch real quick. I have to touch on your legacy because I actually included that in my notes. We're thinking alike. go go go of course so with the legacy component as we transcend as we move into the future i told you i work with a lot of older women that have all these regrets but your legacy that you leave behind even physicians i work with a pediatrician right now and you have the car you have the house you have the dream marriage anybody that tells you has perfect anything they're faking it I don't care.

They're just making it. But the legacy, the legacy part is so important. It's beyond your tangible items, which we have a hard time seeing past because we don't see them.

Using EQ in Therapy and Prevention

But the legacy is how you make people feel when you're gone. Like how did you leave them feel? Empowered, better person, seen, heard to take care for your kids, to take care of themselves, to lead an emotionally healthy life for their children.

for the generations to come. How did you leave? That is the legacy component. And it's as simple as that. But the beauty is you will be able to know before you depart, because we never know if we will know after.

So we better know exactly what we're leaving behind and how they are feeling before. It's like leaving a will, but with emotional intelligence, rather than leaving a will of all your things, like a checklist.

You see, I can now sneak a peek into that next episode. We'll talk about that. Because I know that Navi Hughes is an expert on grieving and how to coach you through the process of grieving.

So I'm looking forward. This is a sneak a peek for our next episode, Navi. Yes. So back to your question on the bridge to psychology and psychiatry. Going back a little, I'm going to peel back the layers.

I was struggling as a mental health provider and my patients were struggling and I had to heal to help them. One of my patients was like, man, you're really great at emotional intelligence.

You're really great at teaching this. Why don't you create an algorithm or a program for this? He's a tech guy, so he always thinks in coding and algos and that's how we speak.

So I created this because the encouragement of him. The real reason I created this is women would come in. They don't know how they feel. Hey, I'm angry.

I'm mad. You know, I'm stressed all the time on burnout. That's it. Or I'm fine just moving through life. But you never taught me like how you really feel if you're just telling me I'm fine and burn out.

Great. So there was no language. And I'm adjusting your medications based on the language you use, based off your self-awareness. based off your communication skills, based off your resilience factor.

But no one's doing that. We're just like, here you go, here's your Prozac and here's your Xanax for the mornings when you feel the morning dread or the anxiety in your nervous system, which most people like I don't know why there's a disconnect.

When we get trained, there's a disconnect between the body. There's a disconnect between the mind and body. Well, guess what? The nervous system connects all that.

But you don't realize it and you can't verbalize it. You're just like, I just feel angry and tired. So there's no language in psychiatry and we're just doing all our differentials and our diagnosis.

This is what it could be. This is what that could be. I know there's a gap, but this is the communication gap. This is, I feel like this. I communicated like this.

I bounced back like this. So then we can prevent certain mental health disorders. Some people are going to hate me for saying that, but it's so true because when you let that burn out anxiety, become you we call it disorder right because it's affecting your life right now there's certain disorders that you just have like ADHD or bipolar disorders that you cannot help right but how do I teach you how to be more mindful and aware of when you're having a flare-up and how you need to maintain a lifestyle when you have these disorders.

So it is preventative and maintenance and it's the talk that goes on behind the scenes that you can verbalize to me when you come to my office. So I can accurately treat you and not over sedate you or give you medications that you don't need.

Maybe you just needed to learn that skill. Oh my God, Navi, you see? Now we're going to talk about how we have

been the typical medicine that is just healing deep wounds instead of avoiding the wound to be happening in the first place.

And you said it with why when you are deeply in a disorder, chronically mentally wounded, and not at the beginning when you could almost pinpoint that it was coming.

Like, yes, there is certain diseases already that they are different and we need to treat immediately, but there is certain disorders that present with a process.

And it goes to the same, like when I explain my patients about inflammation, right? Inflammation, it is a reaction of the body initially to do something good and it's to heal.

But once the time in past and becomes chronic, it's called chronic inflammation, it's toxic. That's almost the root of many of the chronic diseases. But why we, and I'm not talking about only the patient, because we can teach them on how to be aware of that moment of initiation of the inflammation or that moment of initiation of the fire of being in a burn up.

All the way we can teach them before they go all the way to maybe it's a little bit too late, or maybe if we can go back a little bit on time, we will recuperate some of the things that we've been losing.

But before, prevention. And like this, we're going to avoid a lot of pharmacological intervention that I am not against pharmaceutical. I just think that we've been abusing pharmaceutical for too long.

And I just think that we medical providers in general just decided the pharmaceutical is the only way to go and that's how so much other integrative alternative holistic functional doctors are on the side going no no it is not everything we have ways to Just blow on that little fire before it becomes a big burn.

Just like calm down that inflammation in the past one to two days before you finish with a chronic disease or an autoimmune disease. It is the timing, but the timing requires Education of the person that you have in front of you, like you teach them a language, verbalize, explain to me what you're feeling, give it a name so I can know what to do for you.

One, education, and second, listening from our side. Eye contact. And listening. If we're not actively listening, we won't be able to pinpoint where that specific person is at the perfect moment and what's their specific need at that specific moment.

And being ahead of the game, and here is your Xanax, I'm sure you know what, quick fix. And society is getting used to it, to quick fix. They are. I don't know.

I don't want to give a percentage about how many patients just come straight for a quick fix. And I start with, you're looking for a quick fix. And some people go, yeah, I don't have time because time, time.

But I love how you do that bridge. I like deeply believe in it. in mental health. First of all, the mental health and physical health, they all interconnected, that your field psychiatry is becoming so much lifestyle.

I love it. I know a lot of providers there in psychiatry that they are starting with pillars. Let's feed the brain the right things. This is psychiatry is talking about culinary medicine.

I'm going to teach you how to do anti-inflammatory diet and you're going to be less depressed. And I'm that will sound super funny 20 years ago the people is open it's like yeah no i want it yes i want my lion's mane adaptogenics is it is happening slowly now culture right we're in western culture Having a conversation about lion's mane, it was a very common conversation 50 years ago in the east, right?

They're like, yeah, that's what we take. This is what we drink. This is the type of herbs that we take. We don't call it supplements and we don't put it in capsules, but we know the leaves.

So, interesting. Slowly, we're there. And we allopathic traditional medicine are slowly opening the doors and being interconnected to other types of medicine and creating this word that is called holistic.

And I see all your work and your explanation of emotional intelligence. a part of holistic care, not only mental health. I'm talking about the whole individual.

It's very interesting how someone can learn to heal himself all the way down to the body, your connections, your plasticity, your hormones that you produce, your neural receptors.

It is, I love it. This is when I fell in love with medicine when I was in high school, right?

Legacy, Holistic Care, and Closing Thoughts

Someone came to talk in my high school on how a hair grew and I'm like wow really this is what a hair that is a follicle the work of a follicle is pretty hard worker follicle and and then I'm like this is fantastic I want to know everything but at this point in my life I don't know that much right I want to sound like one of these philosophers like all that I know is that I don't know But at least there is some intuition in there that I'm adding on into the knowledge of a few years.

And this is part of that. And EQ, it is part of that. And now that we have someone with you with this beautiful smile that makes me feel so, so comfortable and cozy.

I love that I have someone like you that can teach me that language and give me the blueprint. Yes. I am so excited to share it with the world. Hopefully.

My hope is that we launch it in corporate America and health care and school care, school systems, because our kids lack it as well. And you touched the main point of why I started this whole movement.

There is no preventative care in psychiatry, right? So this is why I started it. And you touched on another point of chronic inflammation. People that are less people that are People that lack EQ, they suppress their emotions, don't know how to regulate, cortisol levels are high, and chronic inflammation that leads to other physical manifestations, as you know.

It is the ultimate empowerment tool. I just wish people would integrate it even more. And as you mentioned, holistic care requires our community to come together to use both sides of our brain.

the logic side, the emotional side to create that wise approach. We're not just trying to meet basic needs. When a patient comes back to me, I don't want to give you basic care.

I don't want to make sure you just sleep and eat and move. I want to know how well you move. I want to know your quality of food. I want to know the quality of your water.

I want to know the quality of your sleep. And then we move on to the biopsychosocial model. What are your resources like? The quality of your finances, the quality of your relationship, the quality of your relationship in the bedroom or the boardroom matters.

Right. So all the way to. your connection with yourself, your connection with the person you love, your connection with your girls, your community. We all need that.

I have a 70-year-old patient that said, I wish I had better relationships. It's all about relationships. If we can't practice emotional intelligence skills like active listening, communication, emotional regulation, if you're more intentional rather than reactive, you're not gonna have those quality of relationships.

You're not gonna heal, and that's why you mention what we lack is just regular rituals. These aren't like fascinating things. I need this fascinating capsule.

No, like we used to drink turmeric tea, right? Like it's just, you don't need to capsulize everything. I'm going to order this capsule from Amazon. No, go get it from the market.

Go get the powder. Put it in your food. Put the ginger in your food. Put the turmeric in your food. Put the garlic in your food. Let it absorb into your body so you can actually heal.

Yes. And you don't need a third lab checking on purity because it just came out of the supermarket from the root. Yeah. You're wasting a lot of money.

Yeah, yes. Well, Navi, I'm just going to leave my audience with one line from my side and is emotional coefficient invest in the relationship of you with the community.

That's my takeaway. And give us one of your takeaways, Navi. One of my takeaways is if you want a healthier life, mind, body, and soul, you need to be able to understand your mind, body, and soul.

And that is done through emotional intelligence. You want to feel happy. You want to make good memories with your kids. You need these skills. Fantastic.

I just have to clap on that one because it's so profound and important. And Navi, please tell our audience how they can reach out to you since you exist, which is amazing.

She's a human being and she's reachable. So can you please give us your coordinates? Yes. So you can find me at navihughes.com. You can find me on LinkedIn, Navi Hughes.

You can find me on Instagram, Navi Hughes. And what about your company? My company, I am the founder. I forgot to mention I am the founder of Empower Mental Health.

I provide psychiatric and I would say holistic mental health services in Texas and Oregon. Fantastic. You see how humble she is? So thank you to my audience.

Isn't awesome what you guys learned today about emotional intelligence. I learned today about emotional intelligence. Thank you for staying all the way until the end.

I appreciate that you guys are following all my episodes. We'll continue with these episodes of mental health, which I found super interesting and very actionable and how to apply to our day to day.

And I'll see you next with Double Down with Dr. D. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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