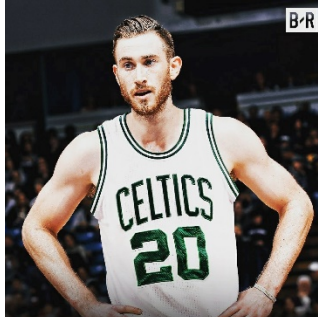


## Emotional Intelligence Wisdom to Injured NBA Player

Marcia Hughes and James Terrell

“Be sad. Be mad... Then focus on the recovery process day by day by day.... This will also mean that when you return you will have a new perspective. You will be so appreciative of being able to stand, walk, run that you will train harder than ever.”



NBA forward Gordon Hayward of the Boston Celtics experienced a devastating ankle injury. Many players offered caring messages. The one by Los Angeles Lakers guard Kobe Bryant stands out. His advice distills the essence of applying emotional intelligence (EI) to life's setbacks, challenges, and worries.. The Instagram message to Gordon Hayward:

Be sad. Be mad. Be frustrated. Scream. Cry. Sulk. When you wake up you will think it was just a nightmare only to realize it's all too real. You will be angry and wish for the day back, the game back THAT play back. But reality gives nothing back and nor should you. Time to move on and focus on doing everything in your power to prepare for surgery, ask all the questions to be sure you understand fully the procedure so that you may visualize it in your subconscious while being operated on and better the chance of its success. Then focus on the recovery process day by day by day. It's a long journey but if you focus on the mini milestones along the way you will find beauty in the struggle of doing simple things that prior to this injury were taken for granted. This will also mean that when you return you will have a new perspective. You will be so appreciative of being able to stand, walk, run that you will train harder than you ever have. You see the belief within you grow with each mini milestone and you will come back a better player for it. [Best of luck to you on this journey my brother #mambamentality](#) always.

This healing process calls for applying all 16 skills found in the EQi personal assessment from self-regard and emotional self-awareness to assertiveness, empathy, stress tolerance, impulse control, optimism and happiness. Life is a journey and a continuous learning opportunity. Gordon is facing a dramatic and poignant life event. Many parts of our journey are less dramatic, yet they are always opportunities to grow into our best self.

As we write this we particularly honor our brother, Ken Hughes. During his long and challenging journey with multiple sclerosis he gallantly faced loss and pain. For the last years of his life he couldn't stand, walk or run. Yet he smiled, laughed, teased and was an honor to be with. Salutes to Captain Ken!