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Emotional intelligence: A key factor in promoting education and health

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Every day, it becomes more necessary to be aware of the importance of acquiring healthy lifestyles (good nutrition, regular exercise, good sleep quality, stress and to stop using harmful substances, etc.) to help delay aging, optimize our health and well-being, therefore, avoiding dependence, and in consequence, to enjoy a better quality of life. Nowadays, the scientific evidence regarding the relationship between emotions and health during the last decade of the last century has been increasing. Emotions play an important health role. They are an undeniable part of our lives and fundamental, when positive, for promoting a healthy conduct, or on the other hand, if they are negative they are a risk to our health. Emotional intelligence is considered, slowly and gradually, as a key factor in promoting health and to better address the challenges and needs of our daily life in today's society. Emotional intelligence is also very important in the field of health education that helps to prevent and reduce negative effects on our psychophysical and behavioral health, promoting a global or holistic welfare improvement and wellbeing.

Biography

Madel Carmen Ortega-Navas has completed her PhD in Philosophy and Educational Sciences at the National Distance Education University (UNED) in 2008. She is a professor at the Department of Theory of Education and Social Pedagogy at UNED. Also, she is the academic secretary of the Education Faculty. She has published papers in reputed journals about health education, active aging and quality of life and the training of the trainers in the field of lifelong learning and participated in numerous conferences and seminars on these lines of research.

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