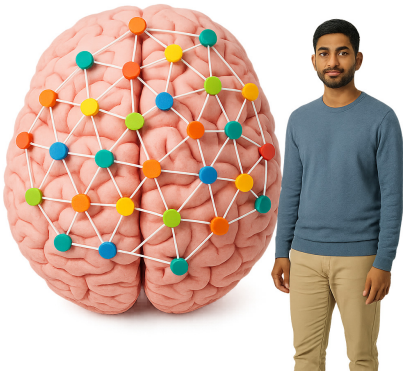




Why Feelings Matter for Disabled People



Emotional intelligence means knowing your feelings and others'. It helps you talk, stay calm, and deal with unfairness.



Building emotional smarts helps at work and life. It aids interviews and talking. Practice by writing a diary, counting to five, and listening well.



Pick one feeling skill to practise. Try a new tip each week. Talk to someone about it. Every small step helps you grow.