

The 5 Components of Emotional Intelligence

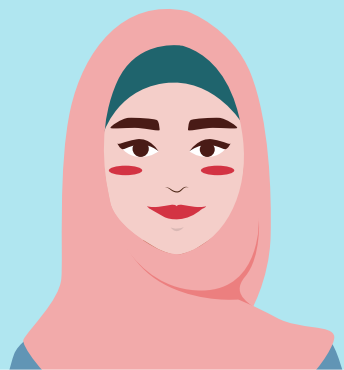
From Voiceless to Vocal: EQ is a Bridge to Better Care

When you grow your emotional intelligence, you're not just managing emotions—you're learning to trust your instincts, ask questions boldly, and own your health journey with pride.

Reclaiming Power in Health Spaces

Self-Awareness

Understanding your body, your emotions, and how your past experiences shape your responses.



"I notice I feel anxious when I'm rushed in appointments."

This helps you prepare, reflect, and clearly express what you're going through.

Self-Regulation

Staying grounded—even when you're nervous, upset, or being dismissed.



"I need a moment to collect my thoughts."

This helps you take control of your emotions rather than being overwhelmed by them.

Motivation

Drawing on your inner strength to keep advocating—even when it's difficult.

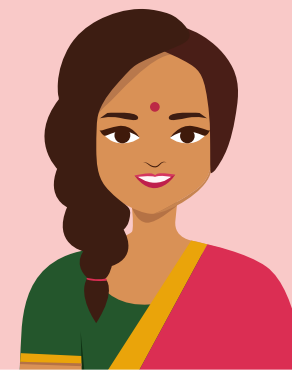


"My health matters. I deserve to be heard."

This helps you keep showing up for yourself and asking the questions that matter.

Empathy

Recognising your own emotions and understanding how to express them without apology.



"This experience is hard for me—please listen with care."

This builds mutual understanding between you and your healthcare provider.

Social Skills

Navigating conversations with doctors, nurses, and specialists effectively.



"Can you explain that again in simpler terms?"

This helps you engage confidently and ask for what you need—without fear.

How Emotional Intelligence Helps You Own Your Voice



Say what you feel even if it's uncomfortable.



Set boundaries it's okay to ask for a second opinion or more time.



Challenge dismissive care respectfully, but firmly.



Build better communication use emotionally aware language to connect, not confront.



Prepare ahead bring notes, write your questions down.



Phrases That Empower

People with high emotional intelligence often say:

"I feel anxious about this treatment plan—can we talk it through?"

"I don't feel heard right now."

"My pain is real, and I want it taken seriously."

"Can we go over that again, so I fully understand?"

"Thank you, but I need to know all my options."

At Mayah's Legacy, we are here to support you in becoming a confident self-advocate. Because your voice isn't just important—it's powerful.