



@KitaConnect

Managing Your Emotions & Stress

Organized by:

PROJECT ID 
imporiku destinaku



After today, you will be able to:

- **Apply a framework to manage your emotions**
Mengaplikasikan satu rangka strategi untuk mengurus emosi anda
- **Identify things that are within your circle of control**
Mengenal pasti perkara yang berada dalam kawalan anda
- **Discuss strategies in face of setbacks and challenges in terms of emotion management**
Bincang strategi untuk menghadapi rintangan dan cabaran dalam pengurusan emosi

What Zone Are You In?

			
<p>Sick <i>sakit</i> Sad <i>sedih</i> Tired <i>letih</i> Bored <i>bosan</i> Moving Slowly <i>kurang tenaga</i></p>	<p>Happy <i>gembira</i> Calm <i>tenang</i> Feeling Okay <i>berasa ok</i> Focused <i>fokus</i> Ready to Learn <i>sedia untuk belajar</i></p>	<p>Frustrated <i>kecewa</i> Worried <i>risau</i> Silly / Wiggly <i>gelisah</i> Excited <i>teruja</i> Loss of Some Control <i>kehilangan beberapa kawalan</i></p>	<p>Mad / Angry <i>marah</i> Mean <i>jahat</i> Yelling / Hitting <i>menjerit</i> Disgusted <i>jijik</i> Out of Control <i>diluar kawalan</i></p>



K



**Emotion Regulation
- STOPP**
*Pengurusan Emosi -
STOPP*

STOPP



S

Stop

Berhenti

T

Take a Breath

Tarik nafas

O

Observe

Memerhati

P

Perspective

Perspektif

P

Practice

Amalkan

STOPP



Emotional Awareness



Stop

Berhenti

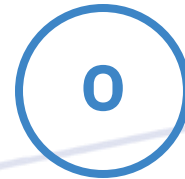
Pause for a moment



Take a Breath

Tarik nafas

Take a deep breath



Observe

Memerhati

Describe the feelings, images, thoughts, body sensations, triggers.

Observe

- How do you feel?
Apakah perasaan anda?
- How does “the emotion” come to you?
Bagaimana perasaan tersebut datang?
- What happens when “the emotion” come to you?
Apakah yang berlaku apabila emosi tersebut datang?

Example:

I feel anxious.

Cause/ what happened
(Sebab/ apa yang berlaku)

Anxious comes to me when I think my friends are judging me.

When anxiety comes to me, I am restless,

How my body feels?
Perasaan pada badan

I withdraw from them and stay alone.

What I do?
Apa saya buat?

STOPP



Emotional Awareness

Emotional Management



Stop

Berhenti

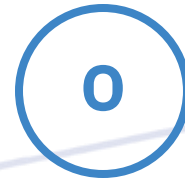
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Tarik nafas

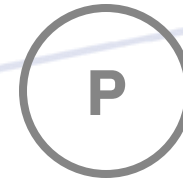
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Perspective

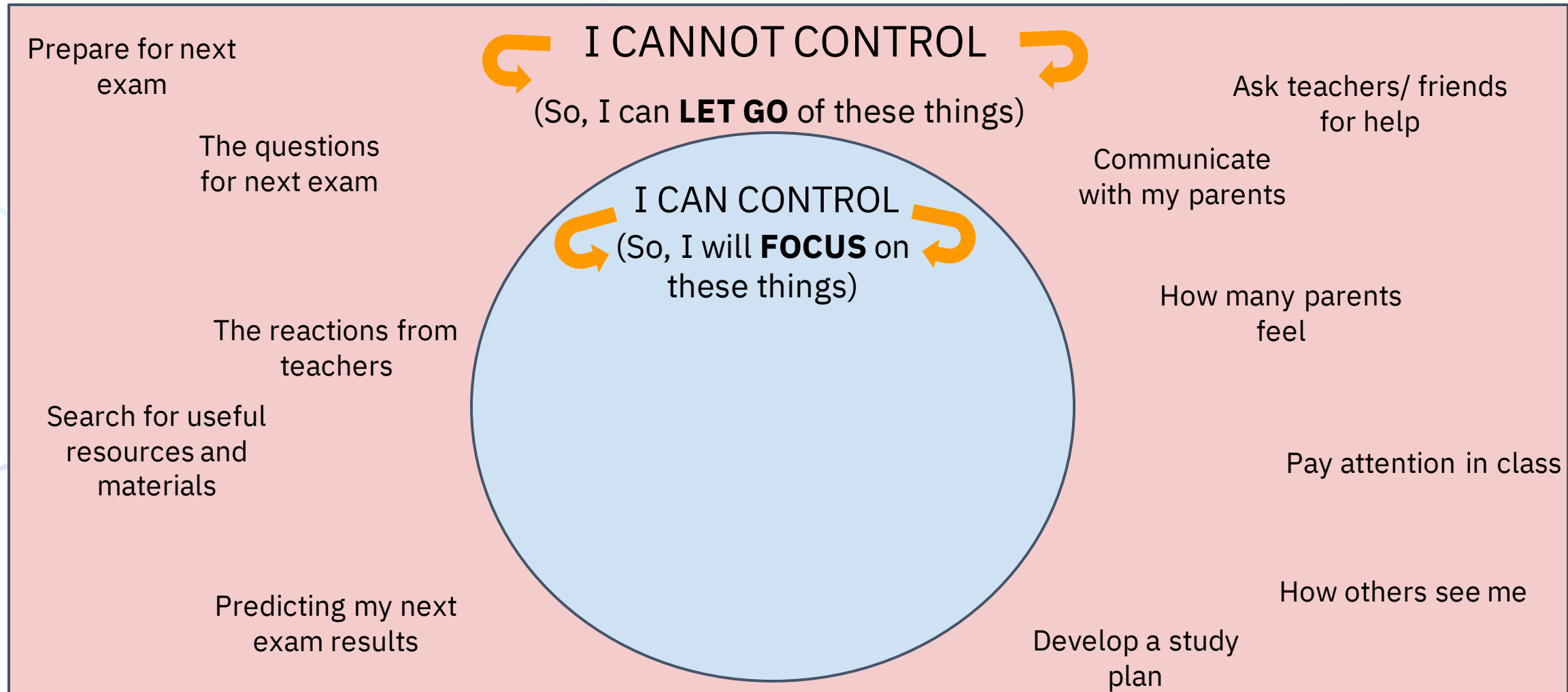
Perspektif

Pull back and ask yourself: Is what I'm hearing and seeing a fact or opinion? **Is it within my control or not?**

E.g: I feel scared when I encountered dogs



E.g: I feel stressed when I look at my current result



STOPP



Emotional Awareness

Emotional Management



Stop

Berhenti

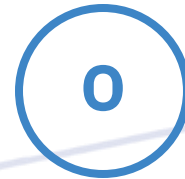
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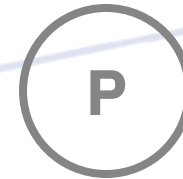
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Perspektif

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Practice

Amalkan

Practice what works. What is the best thing to do now – for me, for others, for the situation. (Within my control)



Calm your body (*Tenangkan diri*)

- Walk away / Spend time in other tasks



Optimistic Thinking (*Berfikiran optimistik*)

- Bad times don't last / Be grateful / Stay hopeful



Positive Self-Talk (*Peringatan diri positif*)

- Be accepting : Everyone makes mistakes/ Bad things happen, it's normal to feel this way, I can refocus on things I can control

STOPP



Emotional Awareness

Emotional Management



Stop

Berhenti

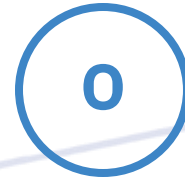
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Debrief

When you are feeling overwhelmed, you do not have to react to all the feelings, STOPP!

Apabila anda mempunyai perasaan yang keterlaluan, anda tidak perlu bertindak terhadap semua emosi anda, STOPP!

Not everything we encounter is within our control. Let go of those and focus on what we can control.

Bukan semua perkara berada dalam kawalan kita. Lepaskan apa yang berada di luar kawalan dan fokus pada perkara yang berada dalam kawalan kita.



IF FEELINGS COULD TALK

SADNESS might be telling me I need TO CRY

LONELINESS might be telling me I need CONNECTION

SHAME might be telling me I need SELF-COMPASSION

RESENTMENT might be telling me I need TO FORGIVE

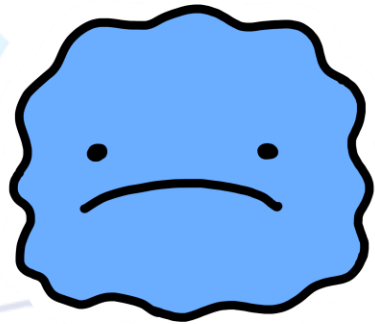
EMPTINESS might be telling me I need TO DO SOMETHING CREATIVE

ANGER might be telling me I need TO CHECK-IN WITH MY BOUNDARIES

ANXIETY might be telling me I need TO BE BRAVE

STRESS might be telling me I need TO TAKE IT ONE STEP AT A TIME

Resources for you!



GIFs

"There are times when feelings are hard to describe with words. It's not easy to admit your mental health problems to someone, even if it is your parents."

Taieba, 16, Bangladesh

Quotes by young people

How to talk about

Mental Health

& more!!

Resources for you!

Click the link:

bit.ly/Expressionkit

Scan me:



Share it on social media or your peers to increase mental health awareness!



HELPLINES

TALIAN BANTUAN

TALIAN KASIH

emotional support 24/7
(sokongan emosi 24/7)

- ☎ 15999
- 📞 019-26 15999

BUDDY BEAR

emotional support / daily,
12 noon-12 midnight
(sokongan emosi / setiap hari,
12 tengah hari-12 tengah malam)

- ☎ 1-800-18-2327

CHILD HOTLINE

by MERCY MALAYSIA & UNICEF
emotional support / daily, 8am-6pm
(sokongan emosi / setiap hari,
8am-6pm)

- ☎ 088-333 038

BEFRIENDERS

emotional support 24/7
(sokongan emosi 24/7)

- ☎ 03 7627 2929
- sam@befrienders.org.my

P.S THE CHILDREN

Hotline, Mon-Fri (*Isnin-Jumaat*),
8.30am-5.30pm

- ☎ 016-721 3065

WOMEN'S AID ORGANISATION

Hotline, daily (*setiap hari*), 9am-12am

- ☎ 03-7956 3488
- 📞 018-988 8058 (SMS/WATina)

unicef
for every child

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#CHILDREN4CHANGE
children4change.unicef.my