

Avoiding Emotional Problems





Maintain positive emotions



Foster honesty and empathy in self and interpersonal relationships

What is Emotion?

“Mental and physical reactions that arise from certain stimuli or events.”



Three Main Aspects of Emotions

Subjective feelings:
Personal emotional
responses based on
individual experiences

1



2

Physiological changes:
Physical responses, such as
rapid heartbeat or tension.

3

Behavioral expressions:
Physical reactions, such as smiling, crying,
or speaking loudly.

Types of Emotion

1. Positive Emotion

Feelings that bring positive emotions such as happiness, joy, pleasure, love, and hope



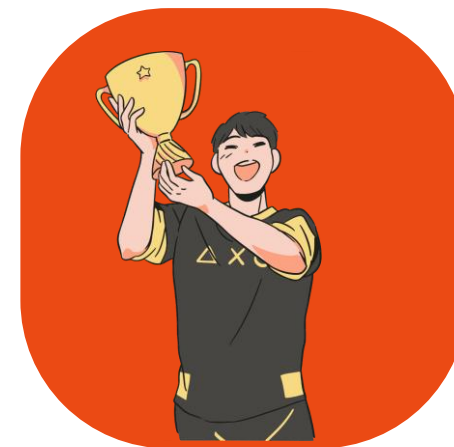
Grateful



Happy



Calm



Proud



Hope

Types of Emotion

2. Negative Emotion

Feelings that are synonymous with unpleasant emotions such as fear, sadness, disappointment, anxiety, and guilt



Angry



Sad



Worry



Not
confident

Emotional Problems and Stress

Emotional problems are psychological difficulties caused by inability to cope with stress in both personal and professional context, as well as other various factors.

Stress is anxiety-related response to environmental stressors. Stress is a natural human response that encourages us to face daily challenges and potential threats.





Emotional Disorder Symptoms

Some symptoms of emotional disorders to look out for:

Feeling
overwhelmed,
helpless, or
hopeless

Feeling Guilty
for no
apparent
reason

Excessive
Worry

Sleep
disorders, (too
much sleep or
difficulty
sleeping)

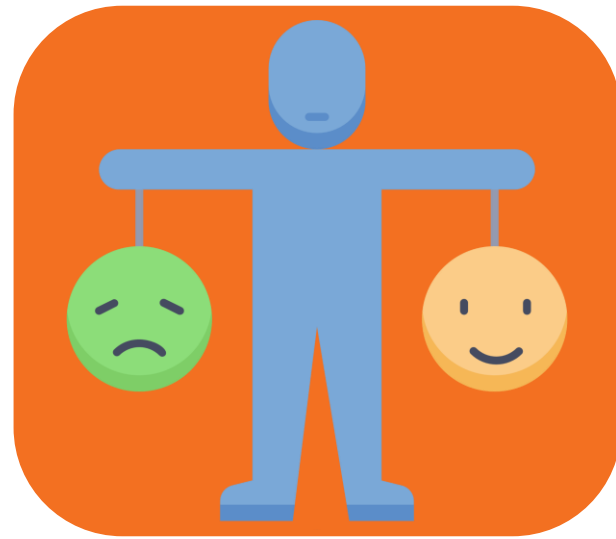
Appetite
disturbance

Withdrawing
from social
interactions
and activities

Feeling
unusually
overwhelmed

Difficulty
managing
routine
activities

Emotional disorders characteristics



Unstable emotional
patterns and
relationships



Changing self-image



Intense emotional
reactions

**Emotional disorders may lead to outbursts of anger
and overwhelming loneliness**

Forms of Emotional Problems



Concealing
Feelings.



Incomprehension
of emotions.



Avoid emotional
situations.



Difficulty in
controlling
emotions.



Unprocessed
emotions.

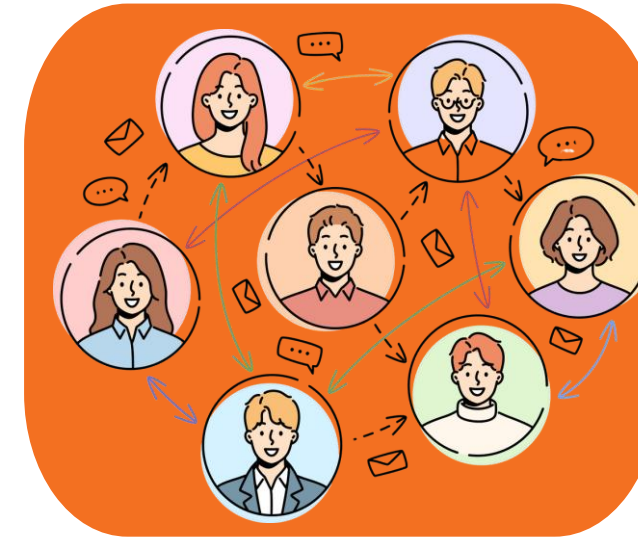
Strategies for preventing emotional problems



Self Care



Cultivate
positive coping
mechanism



Maintain a
Supportive Social
Network



Time
Management

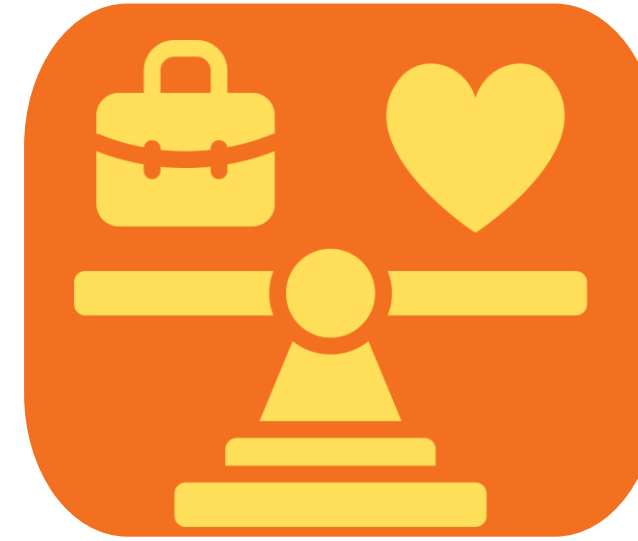
Strategies for preventing emotional problems



Reduce
Exposure with
Stressors



Practice
Gratitude



Healthy Work-
Life Balance



Seek
Professional
Help

Strategies for preventing emotional problems



Set Realistic
Goals



Communication
Skills



Limit Excessive
Media Use

World Vision

INDONESIA

Wahana Visi Indonesia bermitra dengan World Vision yang mendukung KOICA PMC Project yang bertujuan untuk meningkatkan Rehabilitasi Sosial bagi Remaja Rentan di Indonesia yang di inisiasi oleh Korea Institute for Development Strategy (KDS). ReBach Internasional dan World Vision Korea dan didanai oleh Korea Cooperation Agency (KOICA)

KOICA
Korea International
Cooperation Agency

KDS Korea Institute for
Development Strategy

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World Vision



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