

# Overcome Emotional Problems



# Learning Objectives



Sharing feeling  
related to emotional  
struggles



Demonstrate  
openness and respect  
toward others

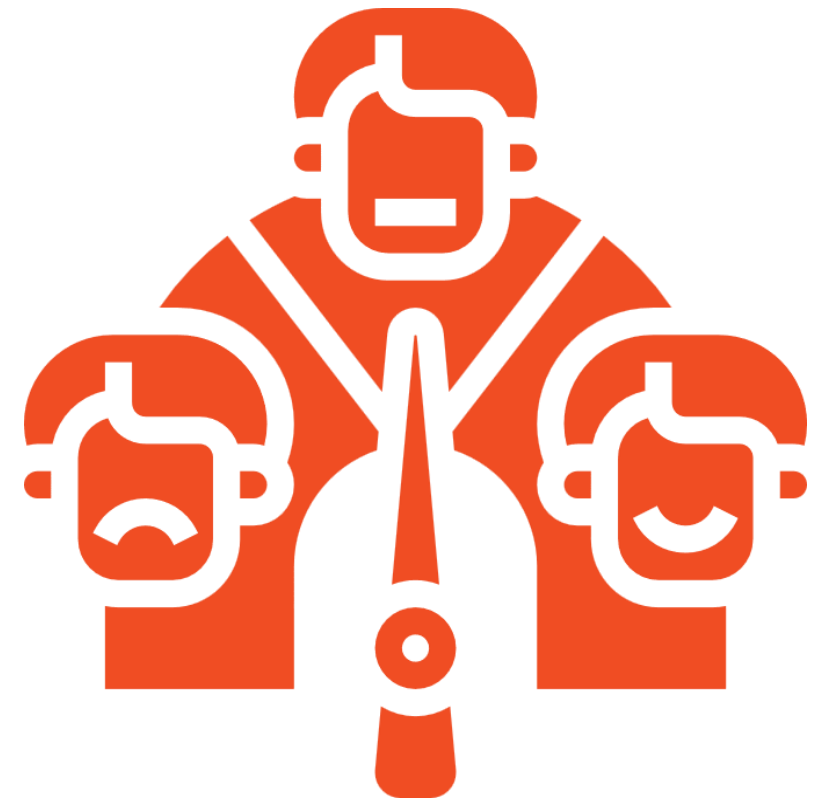
# How to Overcome Emotional Problems

“Adjustment or adaptation to stressful both negative and positive life changes aimed at maintaining emotional balance and a positive self-image.”

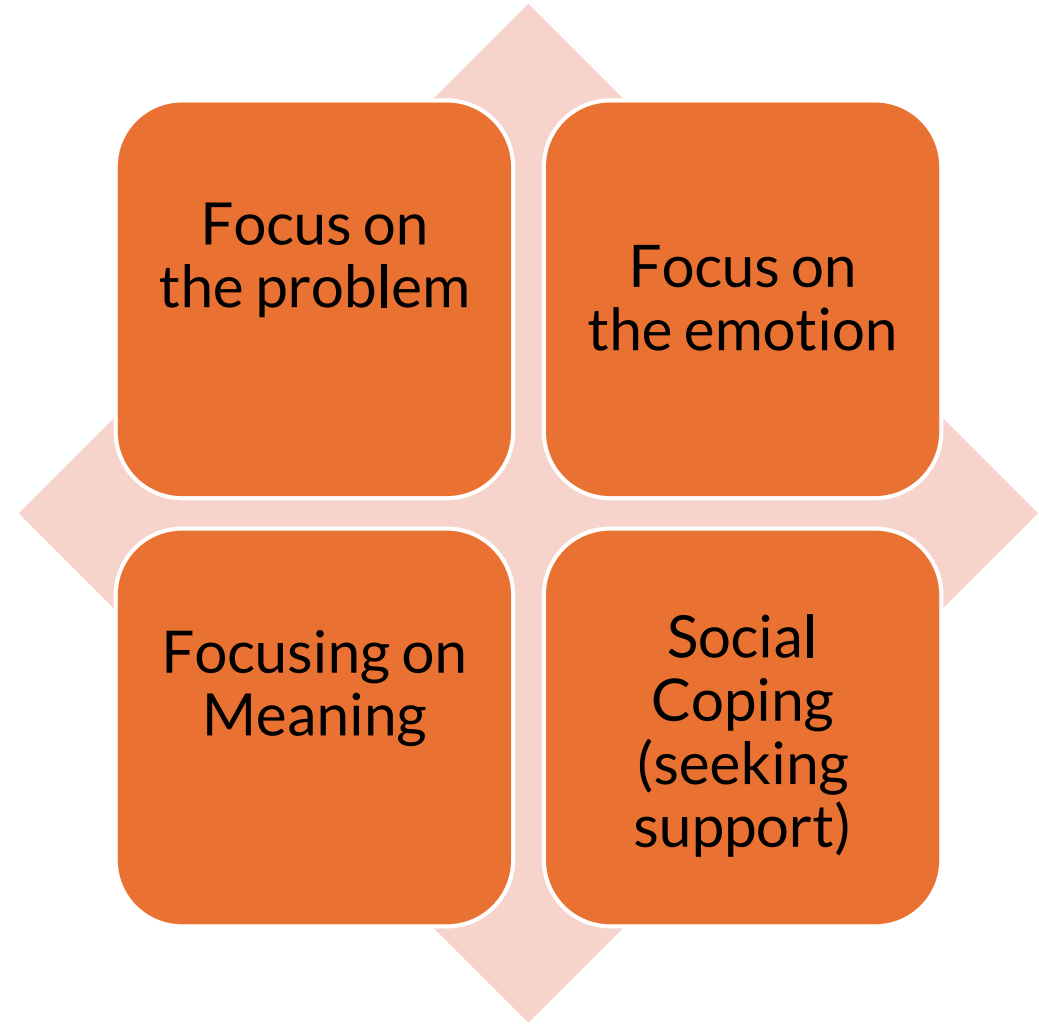


# Coping Mechanism

Techniques for managing emotional difficulties and stress, concentrated on practical solutions and emotional regulation.



# 4 Categories of Coping Mechanisms



# Stress

“A condition resulting from unmet expectations with individual's biological, psychological, or social system.”

~Sarafino and Smith (2014)



# Benefits of Stress

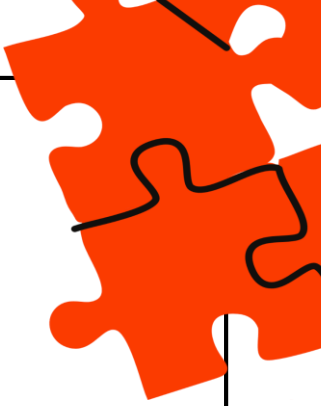


Improves  
Cognitive  
Function

Prevents  
Infection

Gives  
energy

Strengthens  
personal  
resilience





## Types of Stress

Eustress

**Eustress**

“Motivational stress that drives goal achievement.”

Distress

**Distress**

“Excessive stress that beyond coping ability.”

Acute  
Stress

**1. Acute Stress**

“The physiological reaction to a threat, challenge, or fear, leading to trembling.”

Chronic  
Stress

**2. Chronic Stress**

“Prolonged stress with lingering effects and slow recovery.”



# Stressors

Some things that can trigger sources of stress include:

1. Adjustment to a new location or environment

3. Social demands

5. Poor financial condition

7. Loss of loved ones, etc.

2. Death of a family member

4. Conflicts with coworkers or home managers

6. Busy schedule



# Stress Symptoms



Physical Symptoms



Emotional Symptoms



Cognitive Symptoms



Behavioral Symptoms

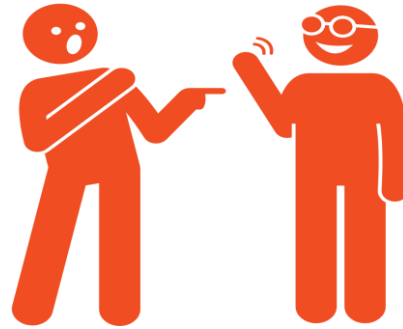


# Stress Management Techniques

Some steps you can take to cope with stress:



Find out and recognize  
the cause



Share with loved  
ones



Write a daily journal



Get enough rest and  
sleep



Practice relaxation techniques,  
meditation or breathing exercises.

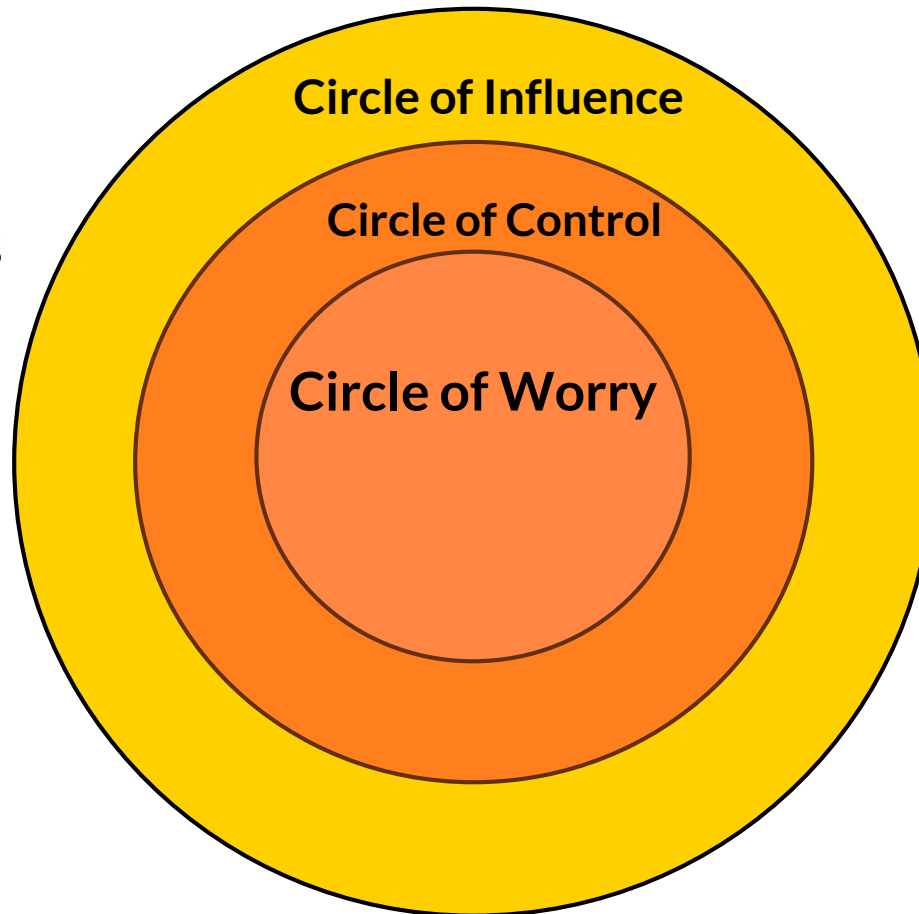


Doing hobbies

# Circles of Control Concepts

## Circle of Control:

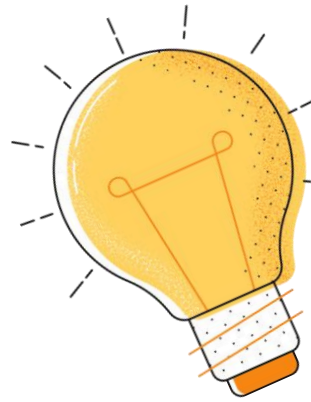
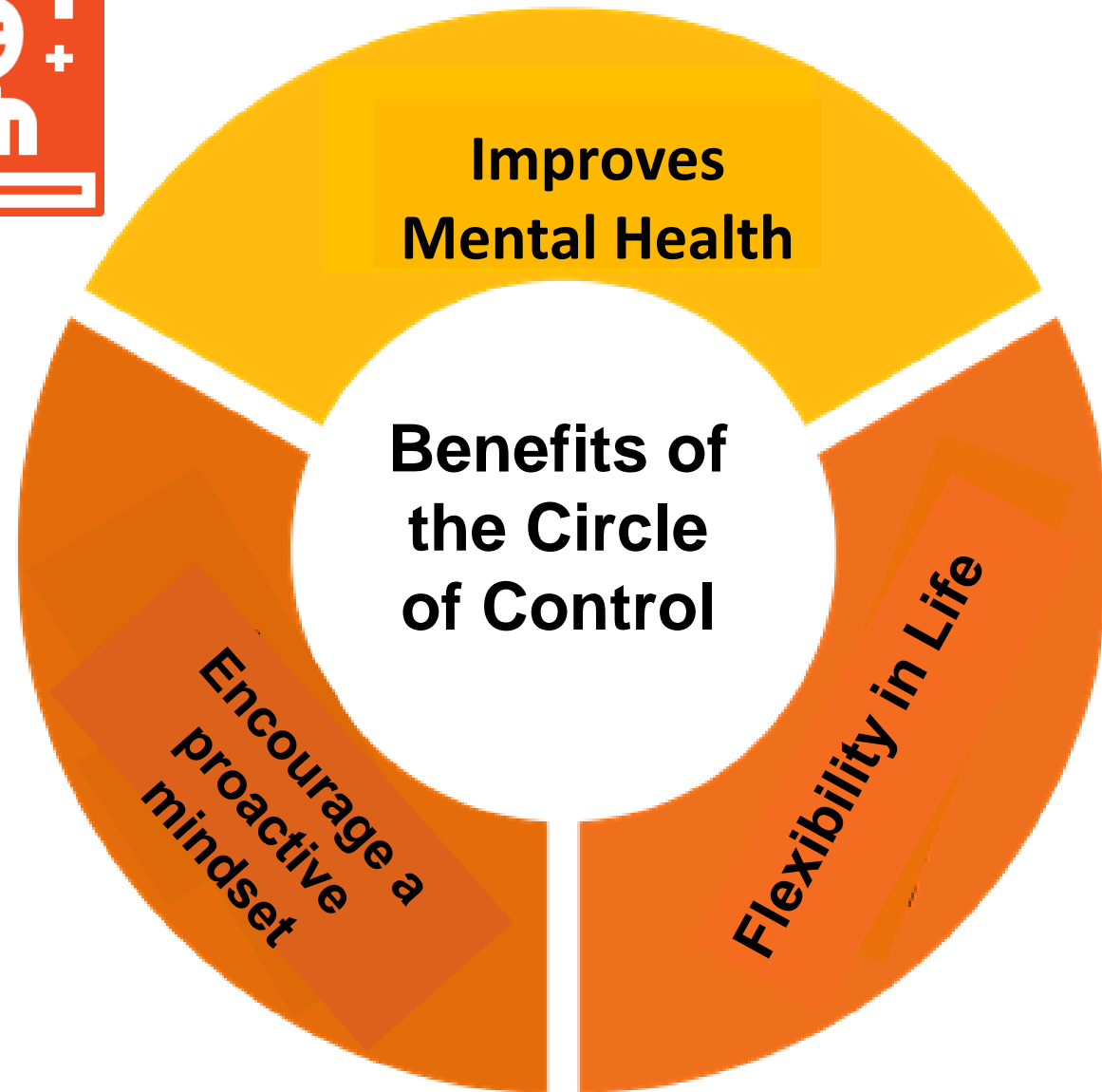
Things that are completely controllable, such as our attitudes, reactions to others, and how we use energy.



**Circle of worry:** Things that cannot be controlled, such as the weather, politics, or family health.

**Circle of Influence:** Things that can be influenced, such as relationships with others, even though we can't control everything in them.

# Benefits of Focusing on the Circle of Control





**PROACTIVE  
LANGUAGE**

**VS**

**REACTIVE  
LANGUAGE**

# PROACTIVE



I will do it



I can do better



There's nothing I can do



I choose to do it



I will find a way



I will not be influenced



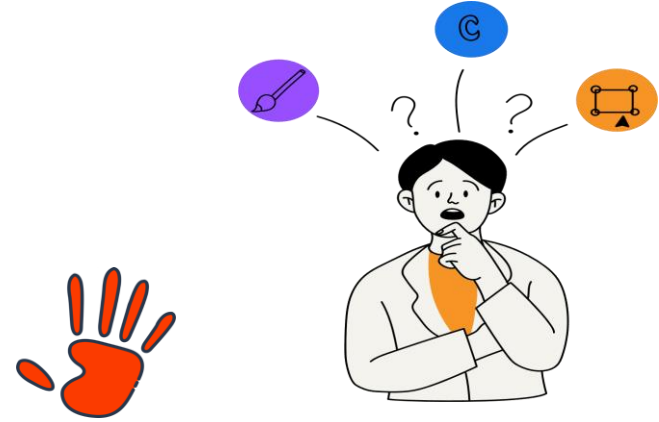
# REACTIVE



I will try



This is how I am



Let's take a look at the  
options available



I must do it



I cannot do it



You ruined my day





**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

**RE:BACH**  
international

**World Vision**



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