

MY STRESS AND EMOTIONS



Brought to you by:



Source Supported By:

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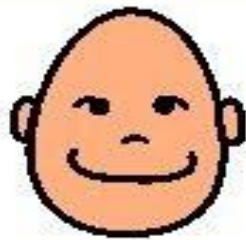
UCSI University



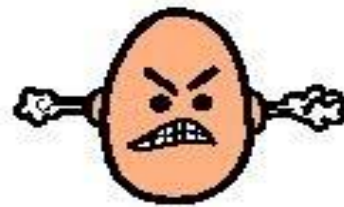
happy



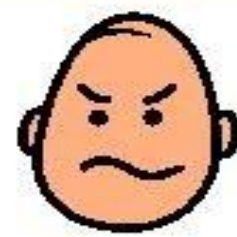
sad



content



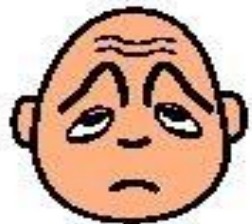
angry



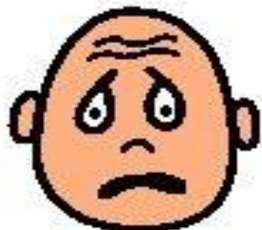
grumpy



confused



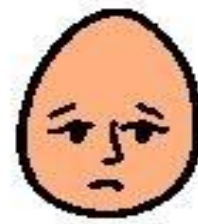
tired



scared



frightened



hurt



depressed



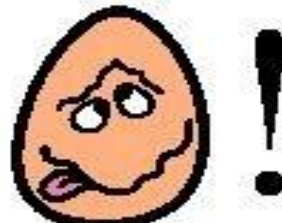
anxious



nervous



thoughtful



silly



annoyed



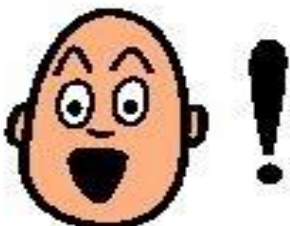
frustrated



bored



excited



surprised



proud



interested



out of control

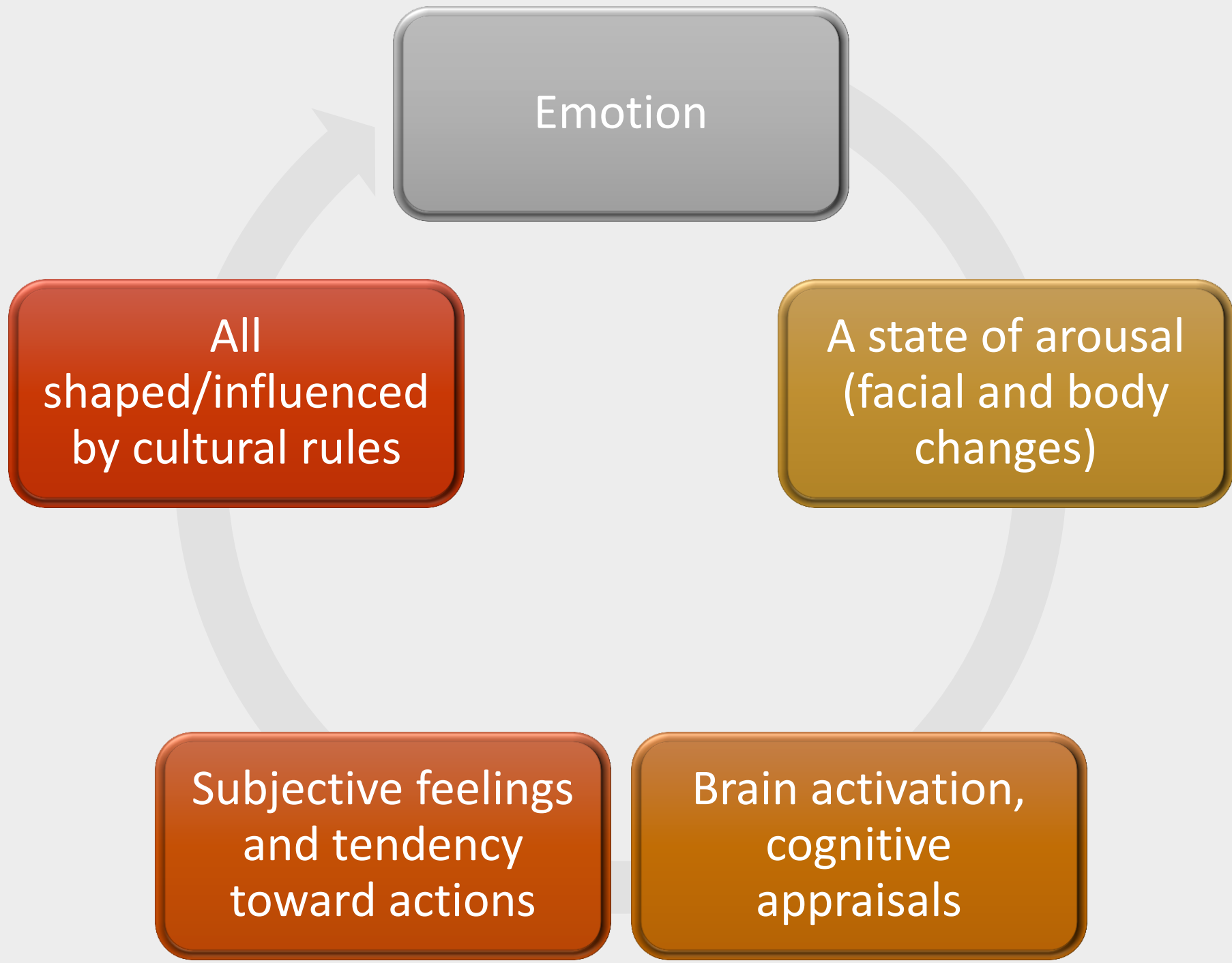


embarrassed





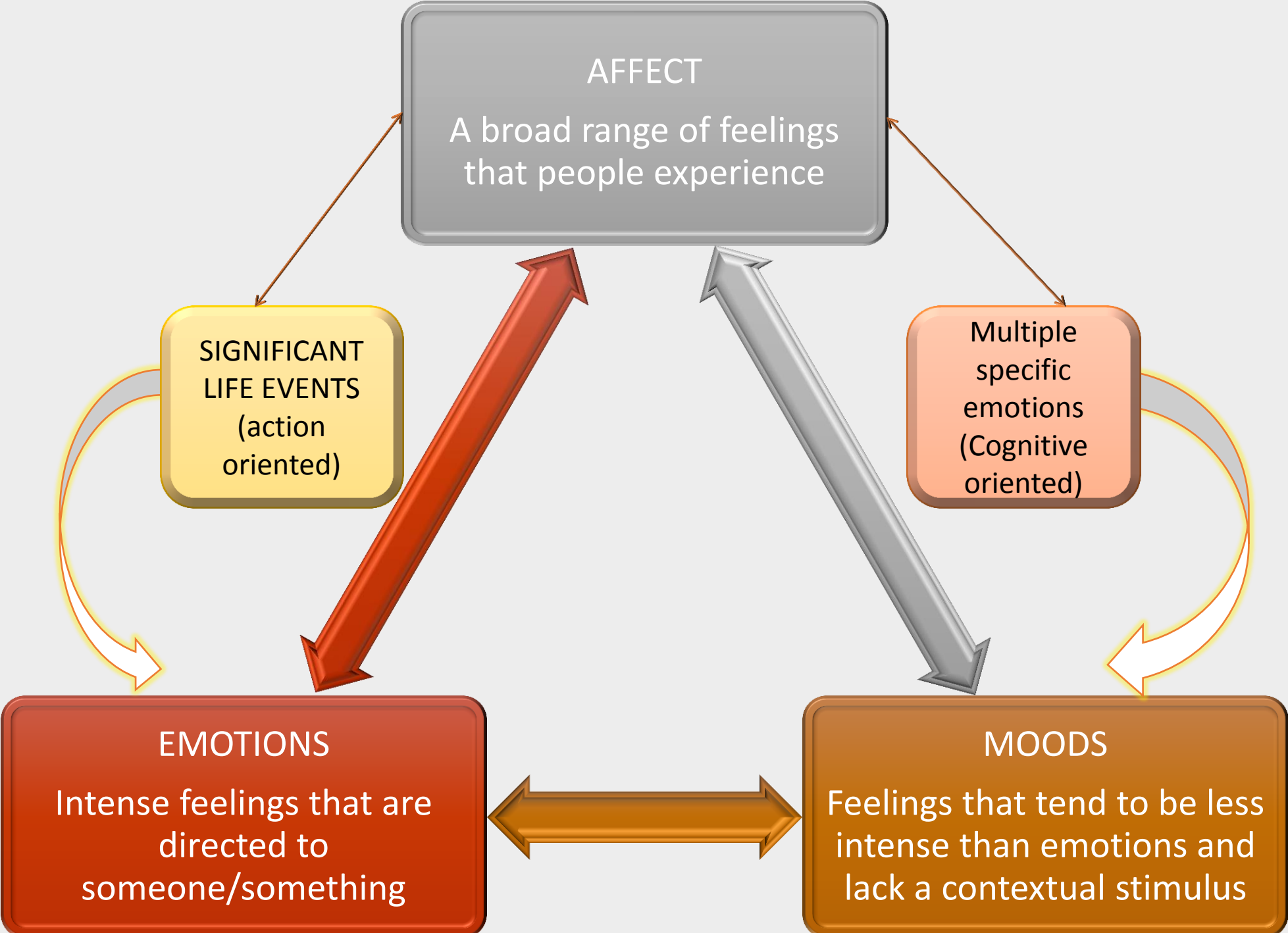
HOW TO BECOME AWARE OF NEGATIVE EMOTIONS



Emotions

feelings or thoughts that arise spontaneously instead of conscious thought







EVENT



Arousal and
physiological
changes



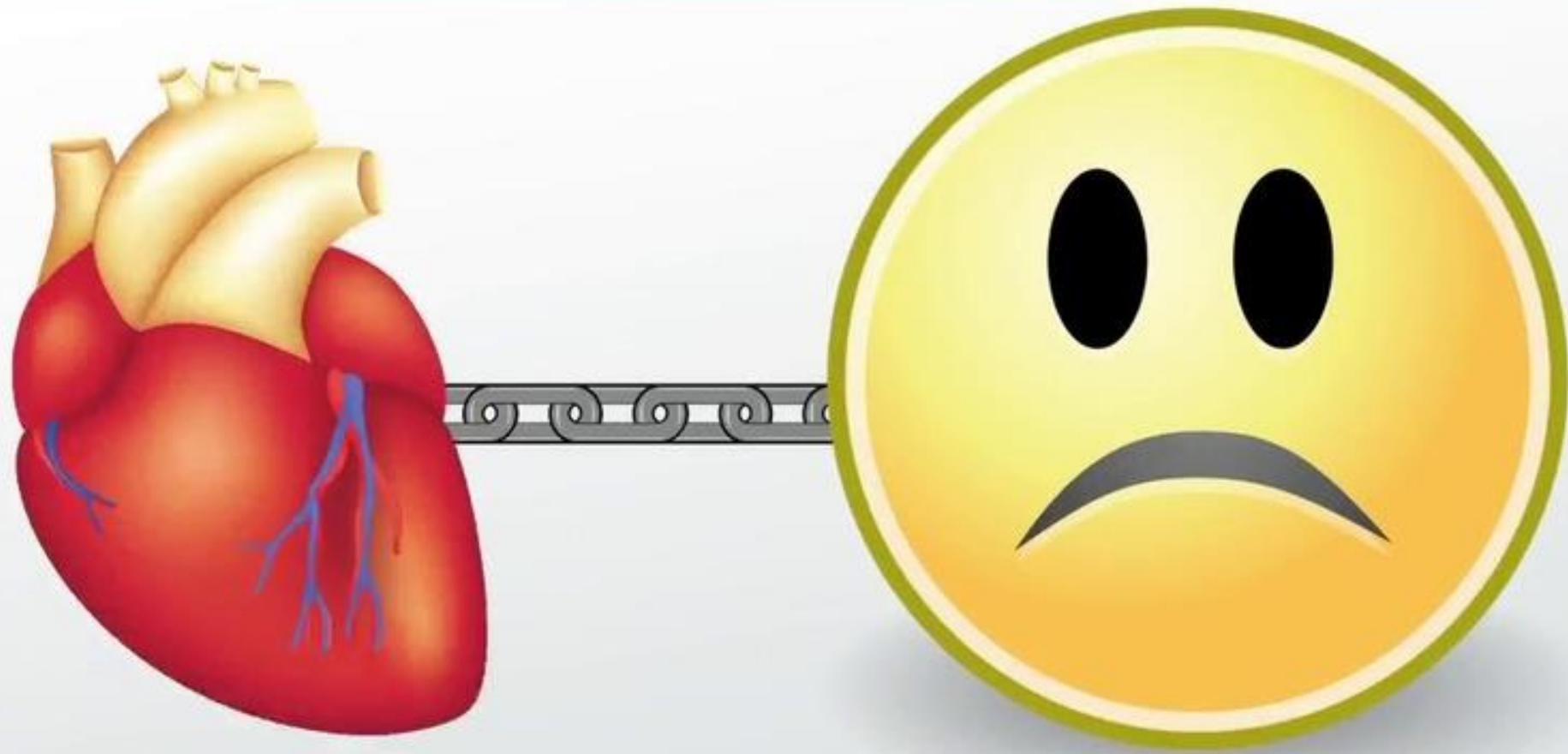
Interpretation
of the
physiological
changes



EMOTION

James-Lange theory

THE CANNON-BARD THEORY



The Cannon-Bard Theory argues that we experience physiological arousal and emotion at the same time.

Schachter-Singer Theory

EVENT

EMOTION

Arousal and
physiological
changes

Interpretation
as a function
of context

STRESS AND EMOTION

Psychological and physical response to a stimuli altering the body's equilibrium → A balance of body system

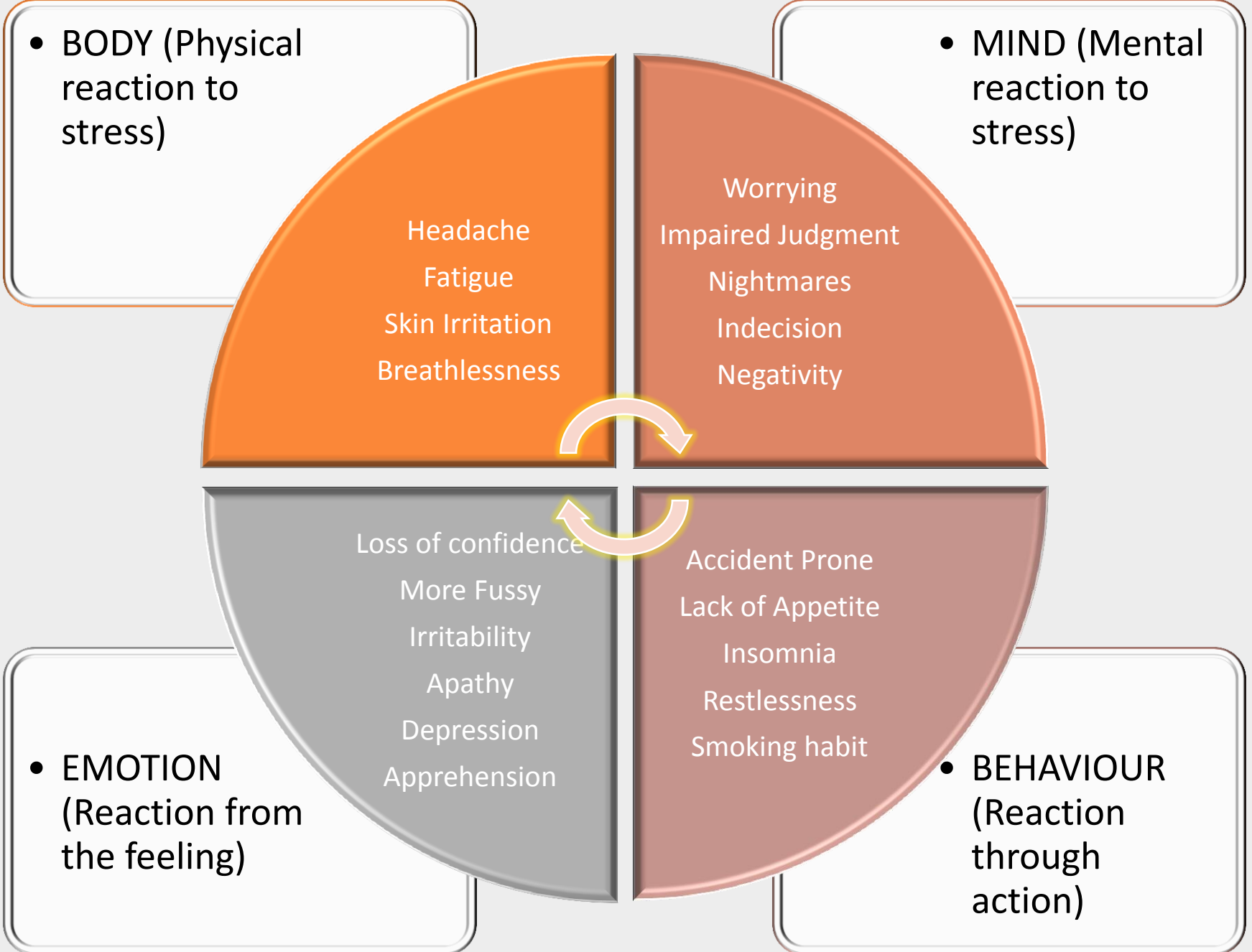
- Psychological and Physical reaction to emotion

Non-specific response to a demand → A product of change

- Physiological and Physical change to the situation (Direct Emotional/Body Reaction)

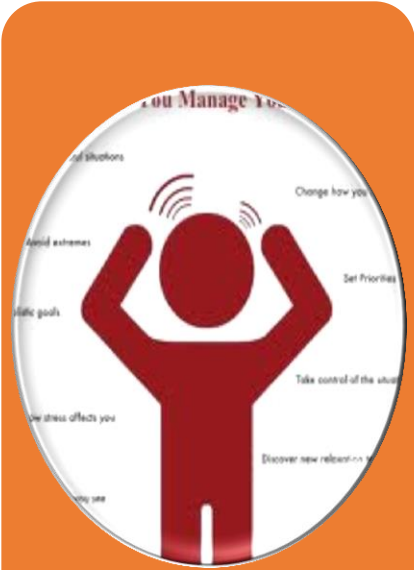
Any situation, good or bad that causes us to react or readjust → A fight or flee response

- Direct Response to the stimuli (Emotional change)



THERE SHOULD BE





Action Based strategy



Perception Based strategy



Anger Management



Coping strategy



Happiness and Wellbeing



Self-Confidence and Self-Esteem

Stress management

