

Emotions and Stress Management

Understanding and navigating your inner experiences for better well-being.



Understanding Emotions

What Are Emotions?

Psychological states with experience, body response, behavior

Basic Emotions

- Happiness
- Sadness
- Anger
- Fear
- Disgust
- Surprise

Purpose

- Guide decision-making
- Enhance social connection
- Signal needs or threats



Types of Emotions

Primary Emotions

Innate, universal e.g. fear, joy, anger

Secondary Emotions

Learned, socially influenced e.g. guilt, pride

Positive vs Negative

- All emotions have purpose
- Positive: joy, love, gratitude
- Negative: anger, fear, sadness

What is Stress?

Definition

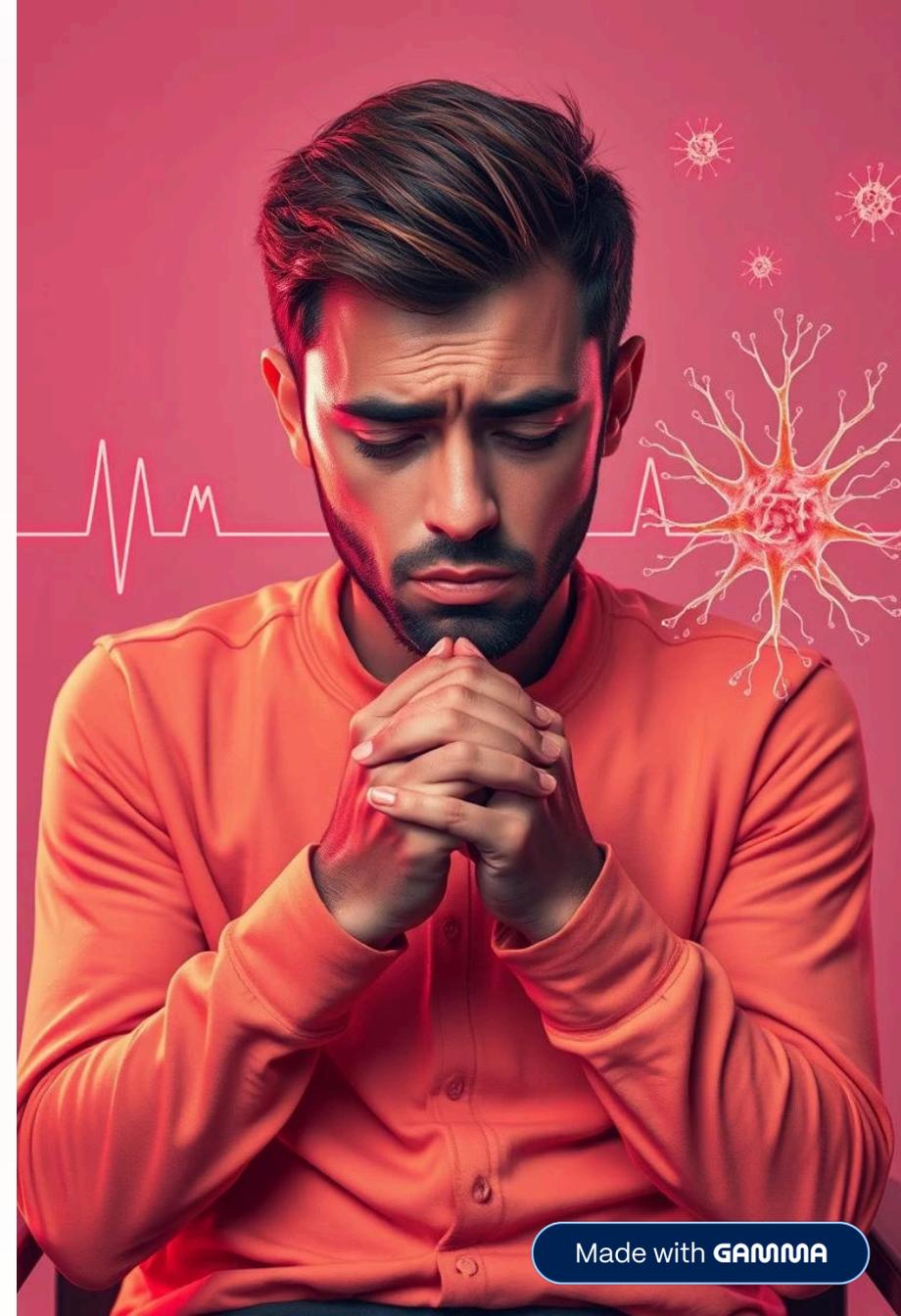
Physical and emotional reaction to challenges

Types of Stress

- Acute: short-term events like exams
- Chronic: long-term pressures like work

Stress Response

Fight or flight: cortisol, heart rate, alertness rise



Signs and Effects of Stress

Physical Symptoms

- Headaches
- Fatigue
- Insomnia
- Digestion issues

Emotional Symptoms

- Irritability
- Anxiety
- Depression

Behavioral Changes

- Overeating
- Withdrawal
- Substance use

Long-term Effects

- Weakened immunity
- Cardiovascular issues
- Burnout



Managing Emotions

1

Emotional Awareness

- Recognize and label feelings
- Use journaling or mood tracking

2

Regulation Strategies

- Pause before reacting
- Practice empathy
- Reframe negative thoughts

3

Healthy Expression

- Talk about feelings
- Creative outlets: art, music, movement



Stress Management Techniques



Physical

- Exercise
- Sleep well
- Deep breathing & relaxation



Mental

- Mindfulness & meditation
- Time management
- Gratitude journaling



Social

- Seek support
- Set healthy boundaries
- Engage in hobbies, community

Conclusion

Emotions and stress are natural parts of life.

Managing them builds resilience and well-being.

Quote: “It’s not stress that kills us, it is our reaction to it.” – Hans Selye

Thank you

