

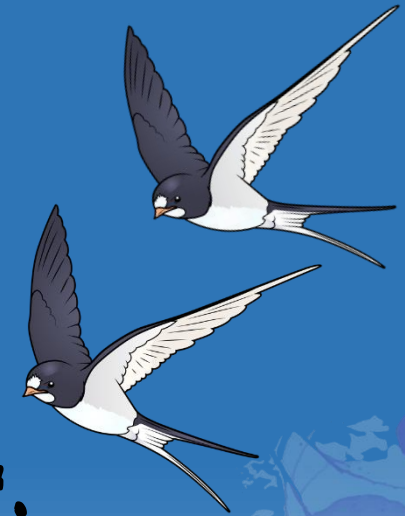
INTERNATIONAL EDUCATIONAL CORPORATION



DEPARTMENT OF SOCIAL DEVELOPMENT

ADVISORY PERIOD  
ON THE TOPIC:

*Emotion Management:*  
how to stop worrying and live  
freely



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*Every person's life is full of emotions. And the student years are no exception!*

It is during this time that we experience feelings that are new to us. This may include stress during exams, first love, friendships with like-minded people, the emergence of “adult” problems, and much more. As everyone knows, emotions can be positive, negative, or neutral. But how can we keep negative emotions from taking over during stress, despair, or sadness?

*Only by learning to manage them!*



# The nature of emotions

**Emotion is a person's reaction to a situation.**

- ✓ To manage emotions, it is necessary to understand their nature. All emotions arise as a response to an external or internal stimulus.
- ✓ Emotions exist in humans at the level of reflexes. By nature, emotions allow us to react to the world around us. But thinking, providing arguments, and evaluating situations are skills we develop throughout life.
- ✓ Sometimes emotions help us make quick decisions when it is truly necessary. But emotions should not prevail over common sense in every situation.

# How important is the ability to manage your emotions?

**Emotional management** is a person's ability to feel their emotions, identify them, experience them, and then let them go. It is important not to confuse managing emotions with suppressing them. In the first case, we gain control over ourselves, while in the second, we only mute our feelings without solving the problem.

The ability to manage emotions helps build healthy relationships with the world around us and with other people. This is especially important in conflict situations. In moments of anger or hurt, we may say unpleasant things to people who do not deserve it. This leads to the deterioration of relationships.



# How crucial is it to be able to manage your emotions?

Negative emotions can throw a person off the right path. But we always have a choice: to give in to negativity and exhaust ourselves with worries, or to acknowledge these emotions and work on addressing them.

Our emotions also affect our self-esteem. The more we keep telling ourselves that “everything is terrible” or “things are not the way we wanted,” the less satisfaction we get from life. This, in turn, lowers self-esteem and can lead to depression.

That is why it is extremely important, first and foremost, to recognize the presence of negative emotions. We cannot deceive ourselves by saying we are not angry when we actually are! It is necessary to learn to call things by their proper names.



# *Typical mistakes in emotional control*

## **Mistake #1**

The first, most typical and common mistake is blocking emotions. In this case, in addition to natural stress, you also add stress to your body by suppressing your emotions.

## **Mistake #2**

The next mistake is giving in to your emotions. Yelling when you are angry. Curling up when you are scared. Shutting yourself off when you feel apathetic. At the very least, after this, people will stop taking you seriously.

## **Mistake #3**

Shifting all responsibility for what happens in your life onto your emotions, justifying your words or actions by certain feelings. For example: “It’s not my fault; I was just angry/tired/didn’t sleep enough,” etc.



# Analysis of emotions and feelings

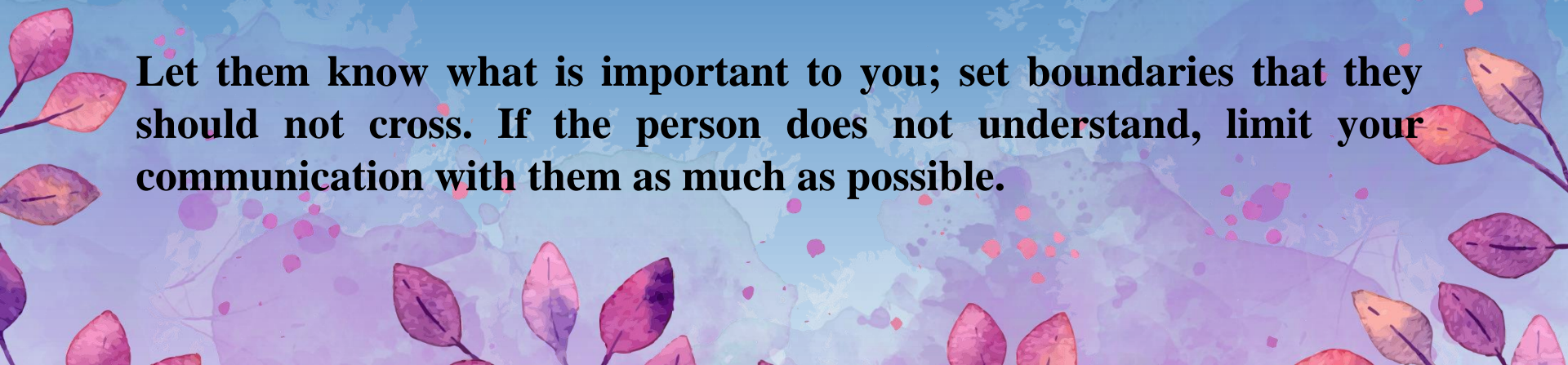


**We can examine our emotions and feelings by following two principles: being honest with ourselves and consistently asking questions.**

## **1) If you are irritated:**

Identify the cause of your irritation. It could be another person, a situation beyond your control, or yourself. If it's a person, ask yourself: did they intend to offend me? It's possible that they were simply expressing their opinion based on their own standards, or perhaps they were facing other difficulties unrelated to you. Don't rush to take everything unpleasant you hear personally. Before responding with rudeness, think through possible ways to resolve the situation.

**Let them know what is important to you; set boundaries that they should not cross. If the person does not understand, limit your communication with them as much as possible.**





# *Analysis of emotions and feelings*



## **2) You are experiencing a feeling of fear:**

Fear is the anticipation of something bad. You can sit and spiral into worry, or you can try to analyze the situation. Ask yourself: what exactly scares me? What is the worst that could happen in this situation? Be honest, and under no circumstances suppress your thoughts.

Think through realistic actions that can eliminate the fear. Create at least three action plans in case the very threat you fear actually occurs.

**And if it does happen, and even if Plan “A” doesn’t work, you still have at least Plans “B” and “C.”**





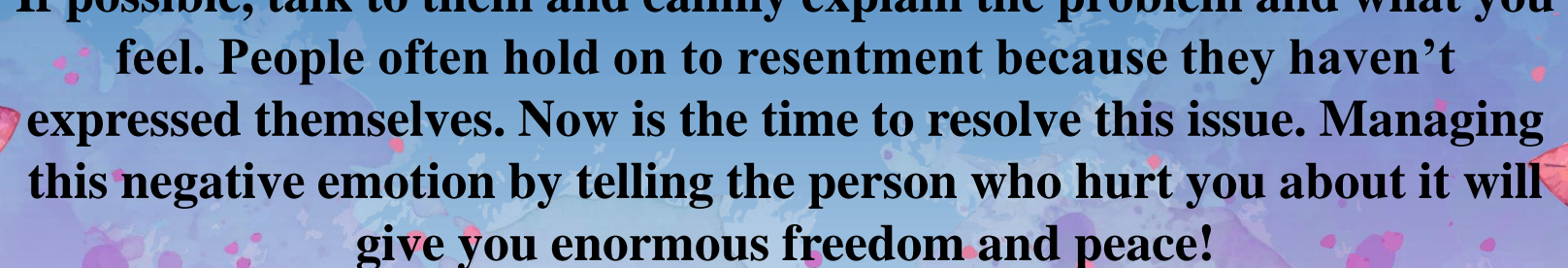
# Analysis of emotions and feelings

## 3) You are offended:

When a certain situation remains unresolved, people often start to feel offended. They become convinced that they were treated unfairly and begin to replay the situation in their minds over and over again. Offense eats people up from the inside.

Your task is to let go of this feeling of resentment. Look at the situation through the eyes of the person who offended you. Did they have another option? Did they know about your feelings? What exactly are you offended by?

**If possible, talk to them and calmly explain the problem and what you feel. People often hold on to resentment because they haven't expressed themselves. Now is the time to resolve this issue. Managing this negative emotion by telling the person who hurt you about it will give you enormous freedom and peace!**



# Ways to manage emotions



## 1) Breathing exercises or meditation

As funny as it may sound to someone, this method is actually the most effective and is widely practiced by a huge number of modern psychologists.

Often, to cope with an emotion, it is enough to simply restore your breathing. Yoga, meditation, and listening to calming music can help with this.

If you are experiencing anger, try the following exercise: inhale, exhale, inhale, exhale halfway, hold your breath for 10-15 seconds, then exhale fully.

To reduce anxiety or fear, just take a few deep breaths in and out. Try to focus on your inner balance and detach from the outside world. If you consider yourself an impulsive person, use this method regularly

# Ways to manage emotions

## 2) Watch your facial expression

- This method helps during difficult negotiations, stressful situations, and conflicts with loved ones.
- If you feel yourself starting to get angry, try smiling. Even a slight smile can help you relax, and your inner state will “mirror” it.
- If it’s hard for you to force a smile, remember a funny story or imagine the person you’re talking to wearing a silly costume.
- If you can’t do that, simply look at yourself in the mirror-look at your face filled with anger. In that moment, you will begin to evaluate yourself objectively from the outside, and the emotions will subside.



# Ways to manage emotions

## 3) Make jokes and smile

Laugh together with those around you. If you are alone, watching your favorite funny videos or a humorous movie can help. This method also works when you are feeling down.

If you don't feel like doing any of the above, the best option is to go for a walk (even if it's just to the store ) or do some physical exercises at home.

## 4) Compliment yourself

Make it a habit to praise yourself every evening for the things you've accomplished. Washed the dishes, submitted all your school assignments on time, did your morning workout, baked a pie, or washed the dog- everything is worthy of praise.

# Ways to manage emotions

## 5) Set a worry timer

**For example:** *today at 7:00 PM, you will allow yourself exactly 15 minutes to worry about the whole day or be angry at all those scoundrels.*

Recent studies show that by the appointed time, the intensity of emotions decreases. As a result, the need to release them disappears.

## 6) Do not judge yourself for your emotions

Watch your thoughts and desires. Observe their flow, and don't criticize yourself when you notice your imperfections. The less you judge yourself for negative emotions, the less intense they will be the next time.

# Ways to manage emotions

## 7) Add more positive emotions

It may sound cliché, but the more we surround ourselves with kind people and beautiful things, the less often negative thoughts visit us. Try to avoid interacting with people who are constantly dissatisfied. If they are your colleagues, limit your communication with them to a minimum, and only on work-related matters. If it is a close person, try to look for the positive aspects of life together.

## 8) And most importantly – keep growing

Engage in both physical and spiritual development. Only a mature person who fully knows and accepts themselves can manage their own emotions.

**Look for reasons to experience positive emotions. Show love and care to others. Do it sincerely.**



*Learn to manage your emotions; it is important for interacting with others and for achieving success in life.*



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