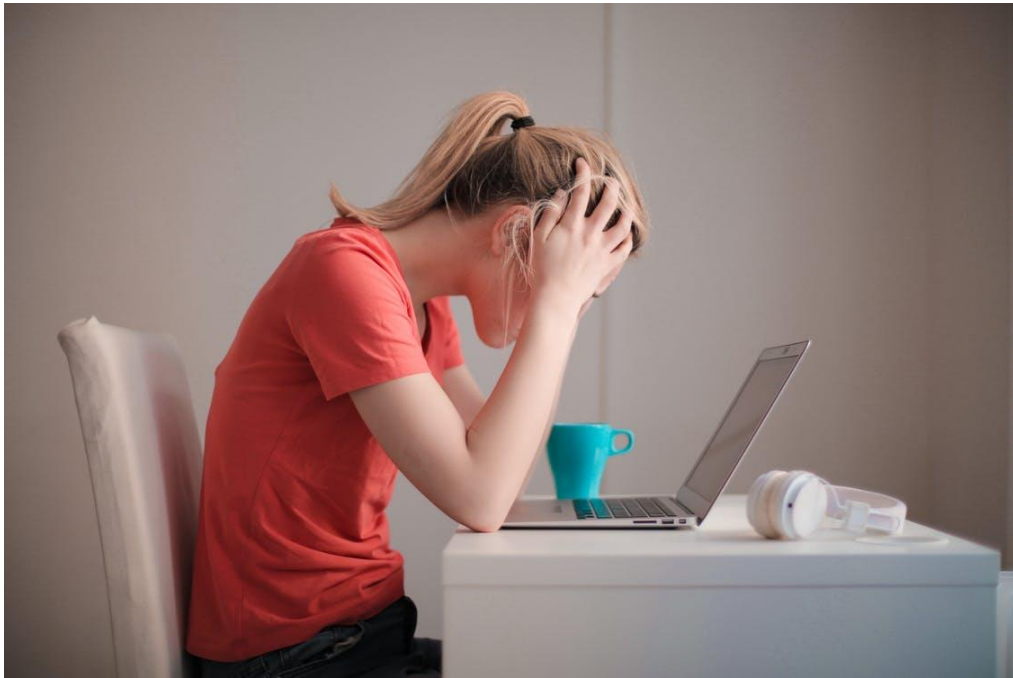


A background image showing two hands, one from the left and one from the right, with fingers spread and thumbs pointing towards each other to form a heart shape. The hands are silhouetted against a warm, golden-brown sunset sky. The text is overlaid on the heart shape.

**Sayangi Diri Petunjuk
Ke Arah Kebahagiaan**

How are you feeling today?





 #SchittsCreek

WHAT A UNANIMOUSLY DISASTROUS
DAY THIS IS TURNING OUT TO BE

World's 20 Most Burned-Out Cities

World's 20 Most Burned-Out Cities

1. Tokyo, Japan
2. Mumbai, India
3. Seoul, South Korea
4. Istanbul, Turkey
5. Manila, Philippines
6. Jakarta, Indonesia
7. Hanoi, Vietnam
8. Taipei, Taiwan
9. Los Angeles
10. Buenos Aires, Argentina
11. Sydney, Australia
12. Chicago
13. Kuala Lumpur, Malaysia
14. London, United Kingdom
15. Bogota, Colombia
16. Beijing, China
17. New York City
18. Johannesburg, South Africa
19. Auckland, New Zealand
20. Hong Kong

Most Overworked Cities

These are the cities with the most overworked populations

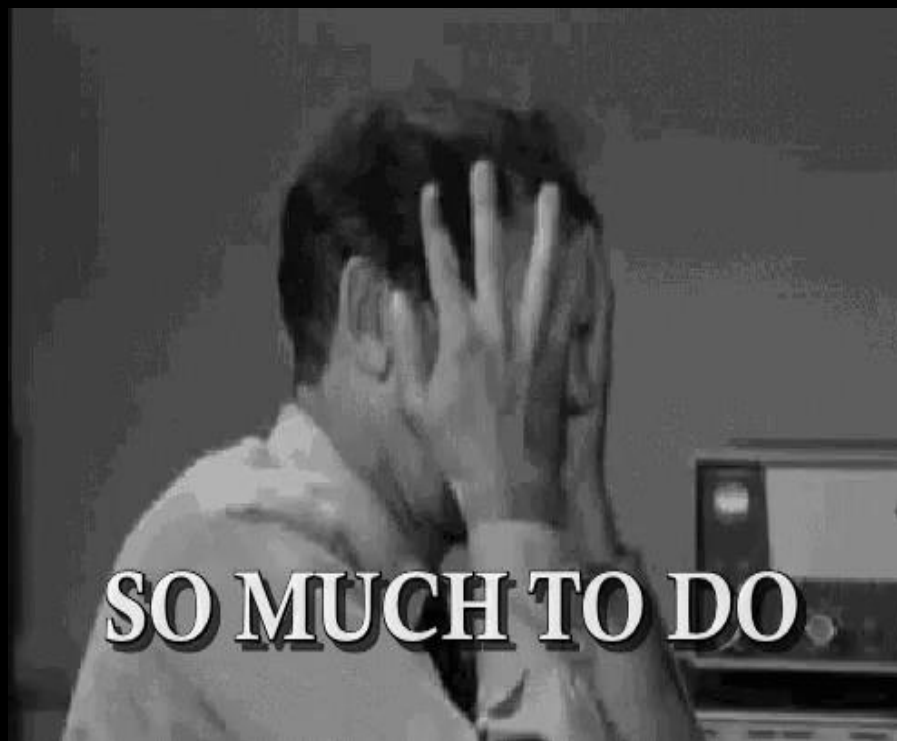
City	Percent
1. Dubai	23.40%
2. Hong Kong	17.90%
3. Kuala Lumpur	17.10%
4. Singapore	16.90%
5. Montevideo	16.30%
6. Tokyo	15.40%
7. Bangkok	15.10%
8. Cape Town	14.80%
9. Lisbon	14.70%
10. Budapest	14.40%

Source: Kisi analysis of data from Eurostat and the U.S. Bureau of Labor Statistics

Notes: The percentage of full-time employees working more than 48 hours per working week in each city. A higher percentage reflects a city with a greater amount of its population working overtime.



A



B



C

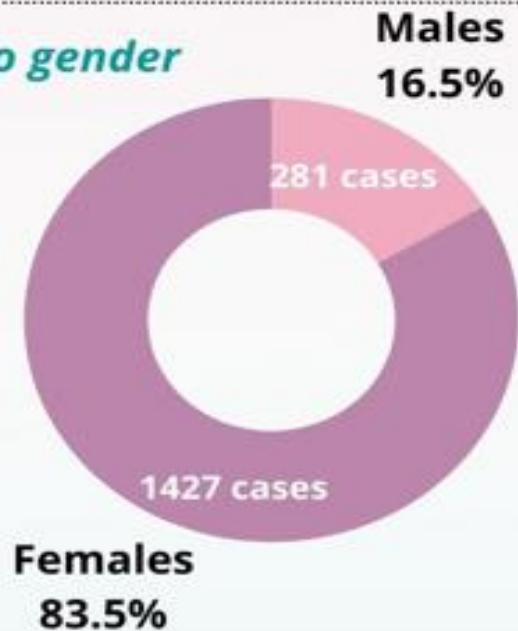
MENTAL HEALTH ISSUES

On average, 4 suicidal cases everyday
Highest number: Selangor: 117 cases

(MOH, 2021)



According to gender



According to age

19-40 years of age
43.4%



15-18 years of age
56.6%

According to year



- Almost 500,000 Msians depressed; nearly 500 suicide attempts this year out of 32.7 million individuals (NST, 2020)
- Prevalence of mental health problems among adults in Malaysia: 29.2%
- Mental health is about mental wellness - we all have mental health
- Mental illness is when someone is diagnosed with a mental disorder.



- ***Almost 500,000 Msians depressed; nearly 500 suicide attempts this year out of 32.7 million individuals (NST, 2020)***
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- **Mental illness is when someone is diagnosed with a mental disorder.**



Pandemic Fatigue

- *demotivation to follow recommended protective behaviours - gradually over time and affected by a number of emotions, experiences and perceptions*
- *not sufficiently following recommendations and restrictions, decreasing their effort to keep themselves informed*



- *Beginning- surge capacity -humans draw on for short-term survival in acutely stressful situations*
- *When dire circumstances drag on, they have to adopt a different style of coping, and fatigue and demotivation may be the result*

Post-traumatic Growth (PTG)

- *transformation following trauma*
- *people who endure psychological struggle following adversity can often see positive growth afterward*
- *"People develop new understandings of themselves, the world they live in, how to relate to other people, the kind of future they might have and a better understanding of how to live life," says Tedeschi.*
- *traumatic event that challenges his or her core beliefs and then ultimately - find a sense of personal growth - takes a lot of time, energy and struggle*



What is the hardest issue you've had to deal with recently ?

<https://www.menti.com/6pujgyqzuj>



**APAKAH MAKSUD SAYANGI
DIRI?**



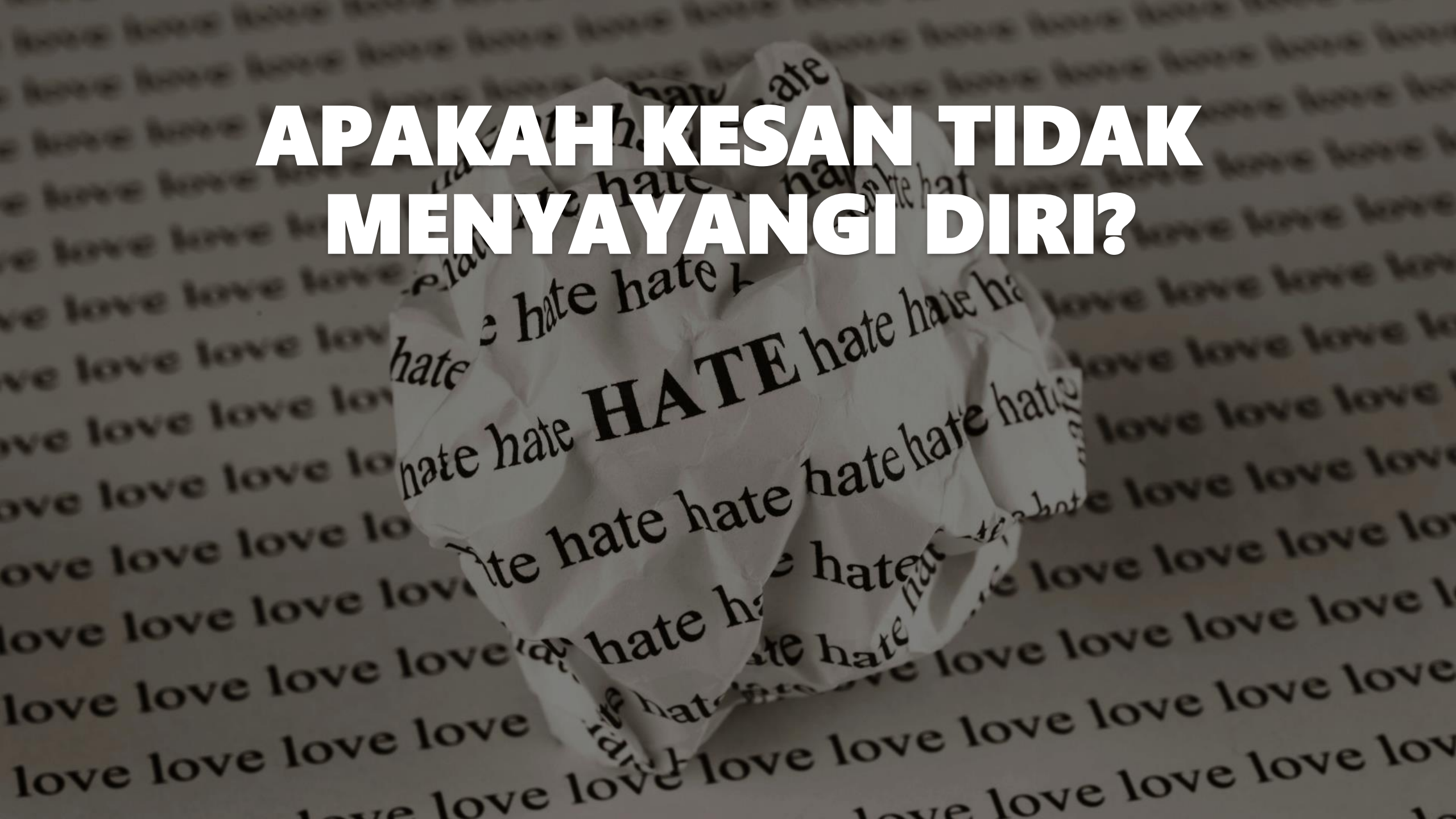
A close-up photograph of a person's open palm holding a bright red, paper-cut heart. The background is a soft-focus grey surface with some wooden blocks and a purple smudge visible.

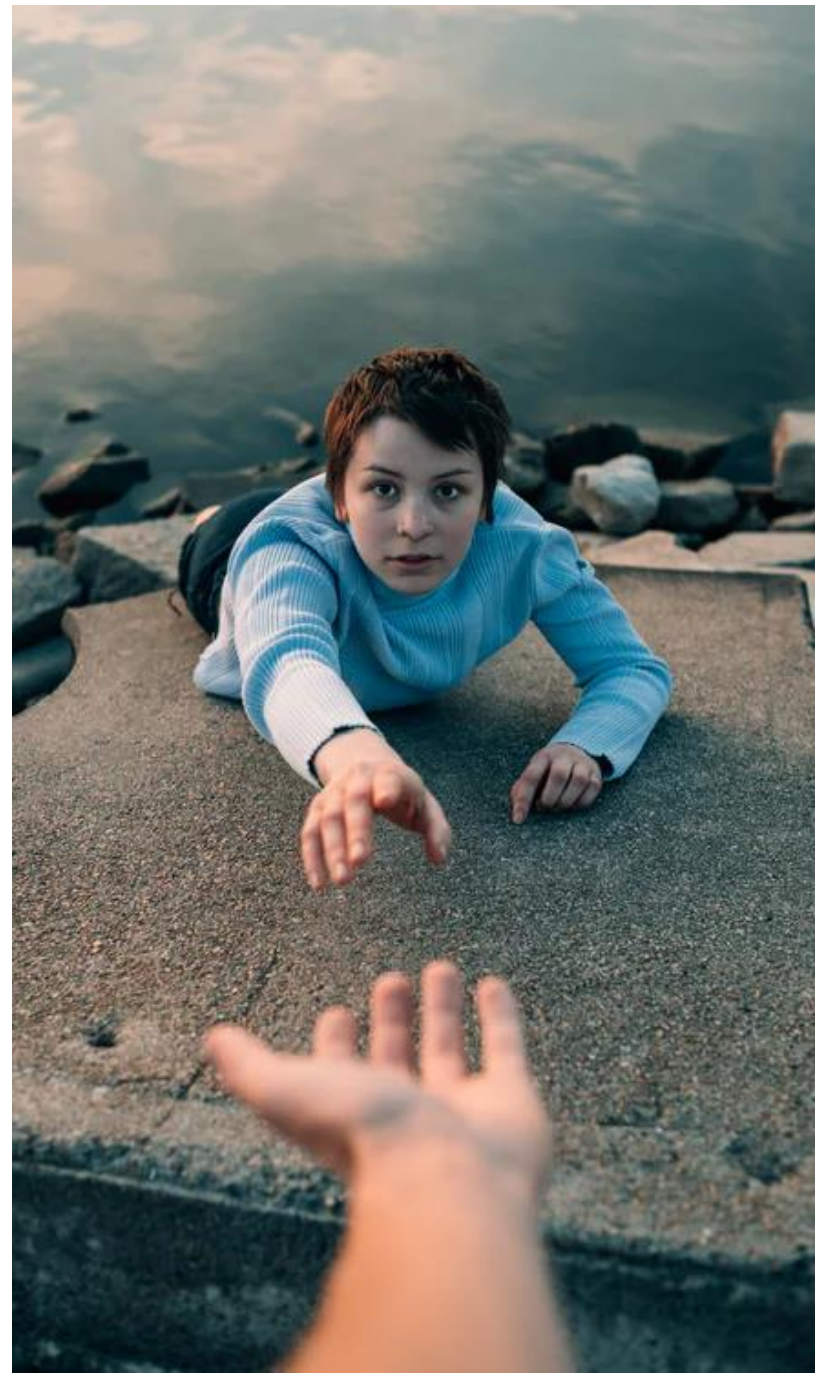
SAYANGI DIRI

- **Konsep Sayangi diri mempunyai 3 komponen utama:**

- Berbuat baik kepada diri (self-kindness) vs mengadili diri (self-judgment)
- Bersifat kemanusiaan (common humanity) vs mengasingkan diri (isolation)
- Mempunyai kesedaran diri (mindfulness) vs kurang kesedaran diri (over-identification)

APAKAH KESAN TIDAK MENYAYANGI DIRI?







Sleep



Restlessness

Palpitations, pounding heart



Eating habits



Easily fatigued

Sweating, trembling



Weight



Difficulty concentrating- mind going blank

Shortness of breath



Worthlessness



Irritability

Feelings of choking



Hopelessness



Muscle tension



Excessive guilt



Sleep disturbance



Fatigue



Fatigue



Frequency, duration, functioning



Frequency, duration, functioning

DEPRESSIVE SYMPTOMS



Sleep



Eating habits



Weight



Worthlessness



Hopelessness



Excessive guilt



Fatigue



Frequency, duration, functioning

ANXIETY SYMPTOMS



Restlessness



Easily fatigued



Difficulty concentrating- mind going blank



Irritability



Muscle tension



Sleep disturbance



Fatigue



Frequency, duration, functioning

PANIC SYMPTOMS

Palpitations, pounding heart

Sweating, trembling

Shortness of breath

Feelings of choking



My personal to-do list

My to-do list-based on
what others have given
me



Ever other urgent
deadline

My goals for today:
Personal Goal 1

Ever other urgent
deadline

My goals for today:
Personal Goal 2





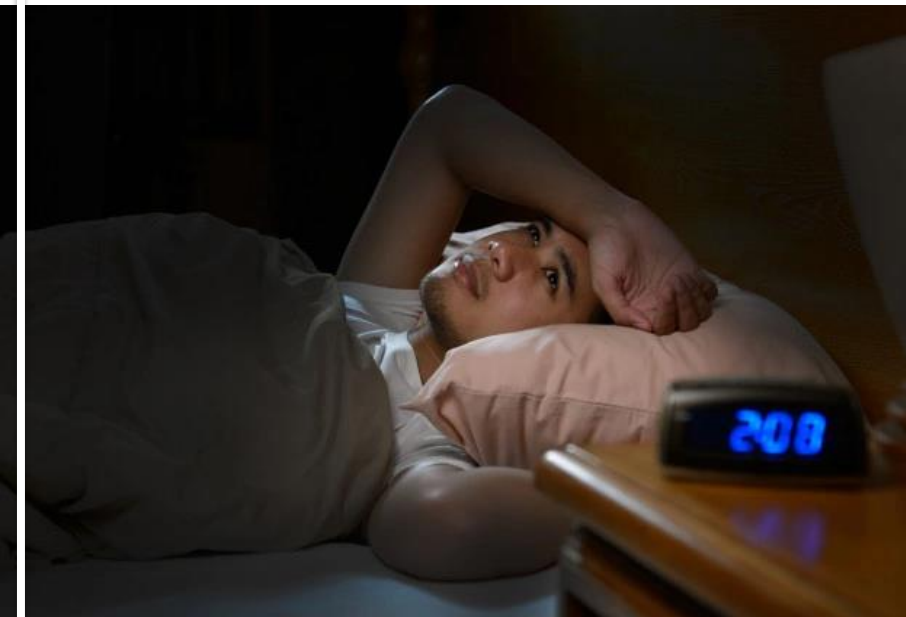
Pain



Missing deadlines



Fatigue



Difficulty sleeping



Dizziness



Lack of stamina

Anger is the tip of the iceberg.

Procrastination

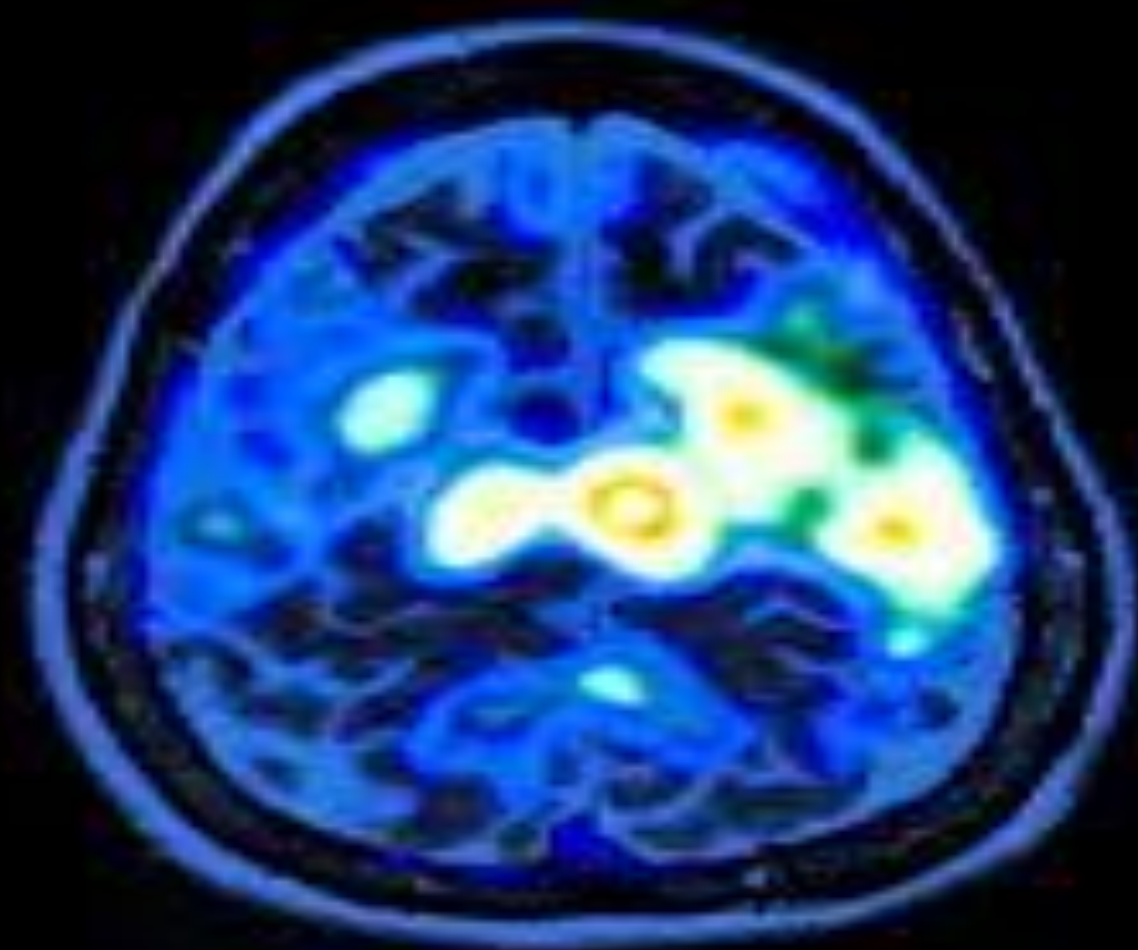
Anger

Writing paralysis

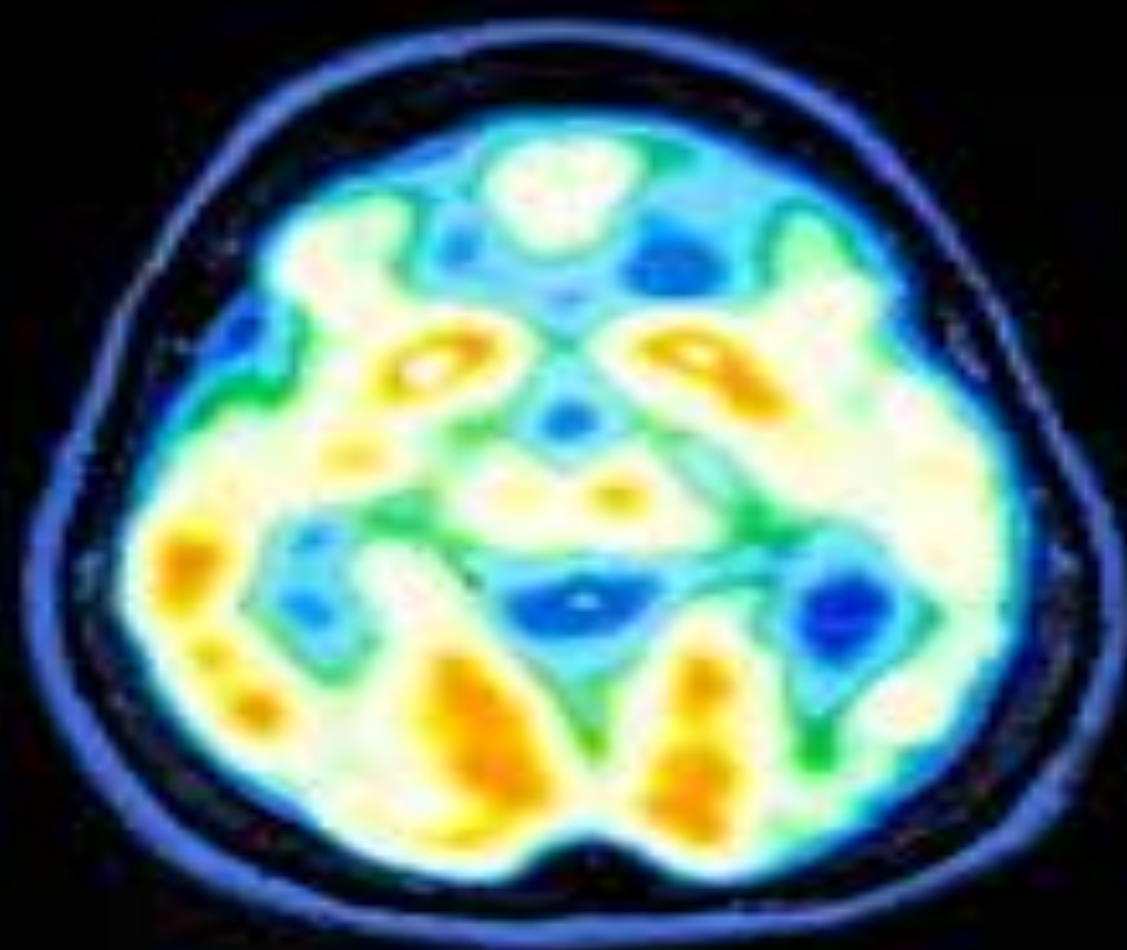


There is some sort of emotional pain or discomfort that is not getting dealt with directly and is getting turned into anger.

BRAIN ACTIVITY



Depression



No depression

Stress & DNA



Telomeres are a protective casing at the end of a strand of DNA

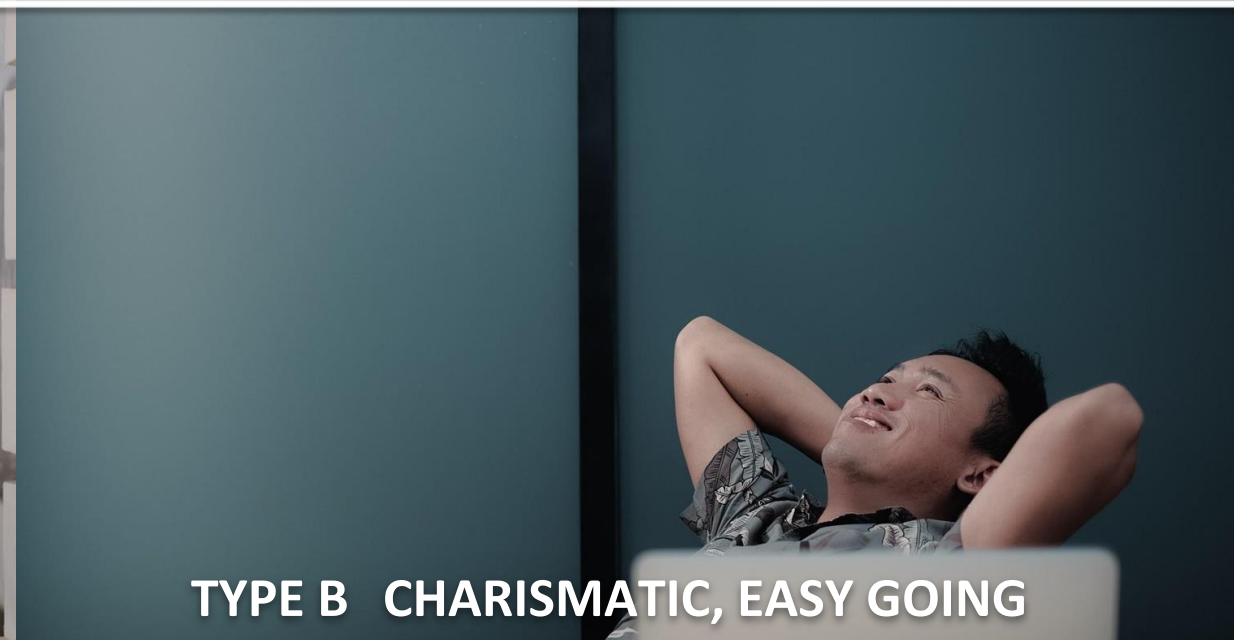
Chronic stress and cortisol exposure speeds up shortening of telomeres

When the telomere is too diminished, the cell often dies or becomes pro-inflammatory

Aging is sped up and health risks may increase



TYPE A SELF DRIVEN, COMPETITIVE



TYPE B CHARISMATIC, EASY GOING



TYPE C INTROVERTS, STRESS PRONE



TYPE D LOVE ROUTINES, FOLLOW ORDERS



Compassion fatigue

Vicarious Trauma

Emotional and physical exhaustion leading to a diminished empathy & compassion

Secondary traumatic stress

<https://www.youtube.com/watch?v=wN5BqCKO9DY>

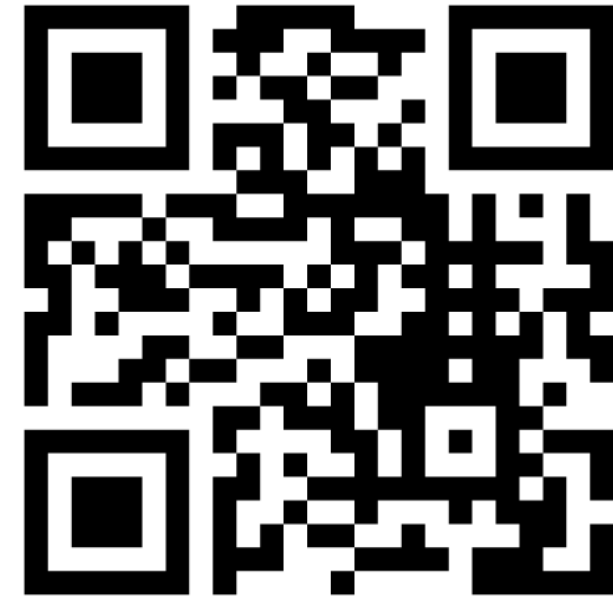
Go to www.menti.com and use the code

9768

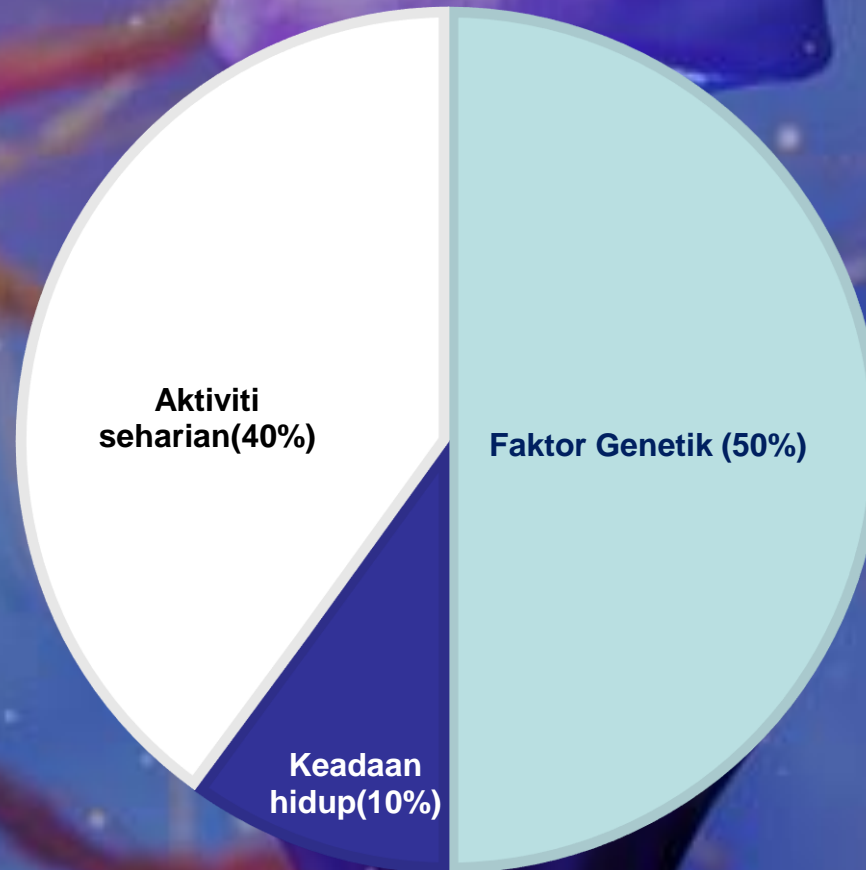
4557

menti.com

Code: **9768 4557**



APAKAH MEMPENGARUHI EMOSI KITA?



Source: proposed in a [2005 paper](#) by researchers Sonja Lyubomirsky, Kennon M. Sheldon, and David Schkade



*Memaafkan diri
sendiri*

Berpikir positif

*Tidak
membandingkan
diri dengan orang
lain*

MENCINTAI DIRI SENDIRI

MENCINTAI DIRI SENDIRI SETULUS
HATI MEMBEBAHKAN KITA DARI
BEBAN SOSIAL. DENGAN MENCINTAI
DIRI SENDIRI, KITA BELAJAR UNTUK
MEMAHAMI DIRI DAN TERUS
BERSYUKUR DENGAN APA YANG
SUDAH KITA MILIKI.

*Berani berkata
tidak*

*Sisihkan waktu
untuk me time*

Membuat target



APAKAH CARA- CARA MENYAYANGI DIRI?

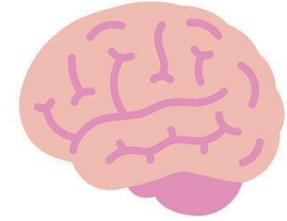
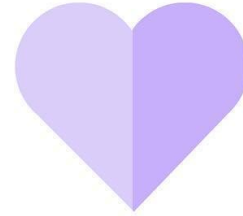
*SELF
LOVE*

Self compassion

Sayangi Diri

3 Elements of Self-Compassion

Kristin Neff, Ph.D, self-compassion.org



Self-Kindness

Entails being warm and understanding toward ourselves when we suffer, fail, or feel inadequate, rather than ignoring our pain or flagellating ourselves with self-criticism.

Common Humanity

Recognizing that suffering and personal inadequacy is part of the shared human experience – something that we all go through rather than being something that happens to “me” alone.

Mindfulness

A non-judgmental, receptive mind state in which one observes thoughts and feelings as they are, without trying to suppress them. We cannot ignore our pain and feel compassion for it at the same time.

@parentselfcare



Emotional Bank Account

Deposit

- Keeping Promises
- Kindnesses, courtesies
- Clarifying expectations
- Loyalty to the absent
- Acknowledgment
- Sincere Apologies
- Being Open to Feedback

Withdraw

- Breaking Promises
- Unkindnesses, discourtesies
- Violating Expectations
- Disloyalty to the absent - gossip
- Pride, Conceit, Arrogance
- Defensiveness,
- Placing Blame

Deposits vs Withdrawals

DEPOSITS	WITHDRAWALS
CHOOSING TO EAT ON TIME	SKIPPING / DELAYING MEAL TIMES TO MEET DEADLINES
RESTING WHEN YOU'RE TIRED	PULLING AN ALL-NIGHTER EVERY OTHER DAY
HAVING A CUT OFF TIME AFTER WORK HOURS	BEING CONSTANTLY REACTIVE TO YOUR PHONE
DOING 1 THING YOU LOVE AT THE END OF THE DAY	UNABLE TO HAVE TIME TO DO ANYTHING ELSE OTHER THAN WORK
INVESTING TIME FOR A FACIAL/EXERCISE/MASSAGE	UNABLE TO FIND TIME TO INVEST IN SELF CARE/ANY FORM OF OF GROOMING
HAVING GUILT-FREE FAMILY/FRIENDS TIME	SOCIALLY ISOLATING FOR MONTHS
CHOOSING TO REST IN THE WEEKEND	WORKING THROUGHOUT THE WHOLE WEEKEND
BEING ABLE TO SAY 'NO' TO THE RIGHT THINGS	SAYING YES ALL THE TIME

2 KAWALAN & PILIHAN

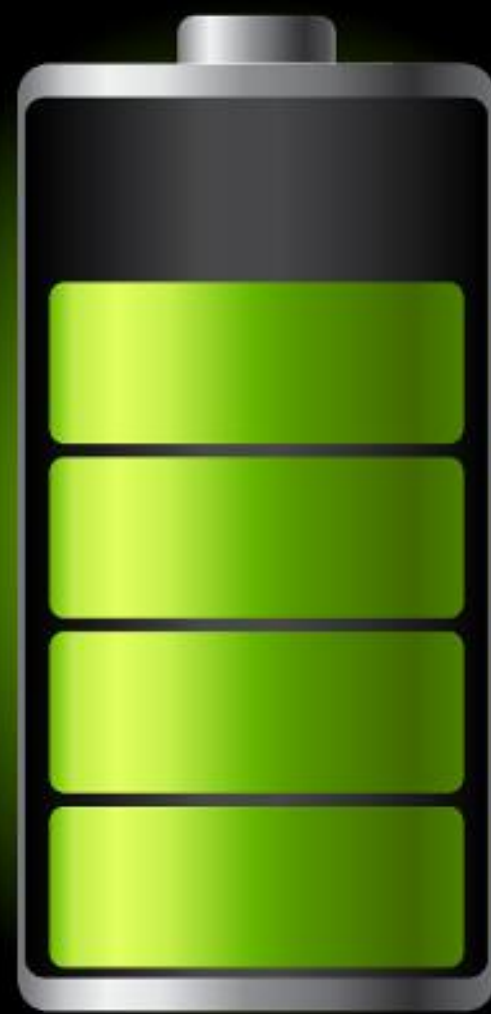
**DALAM
KAWALAN**



**LUAR
KAWALAN**



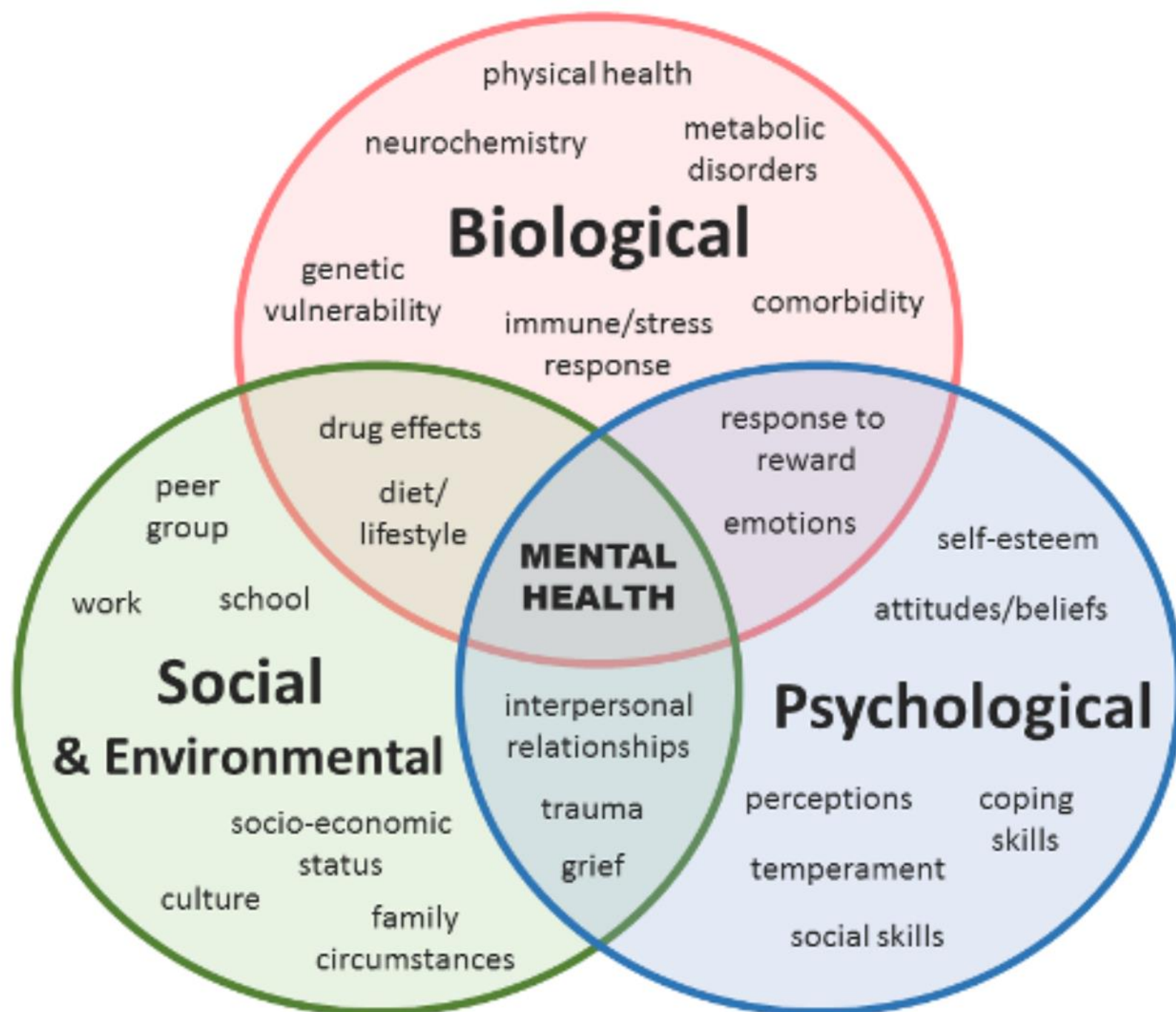
3 HUKUM 8-8-8



SELF MANAGEMENT **4** (PENGURUSAN DIRI)

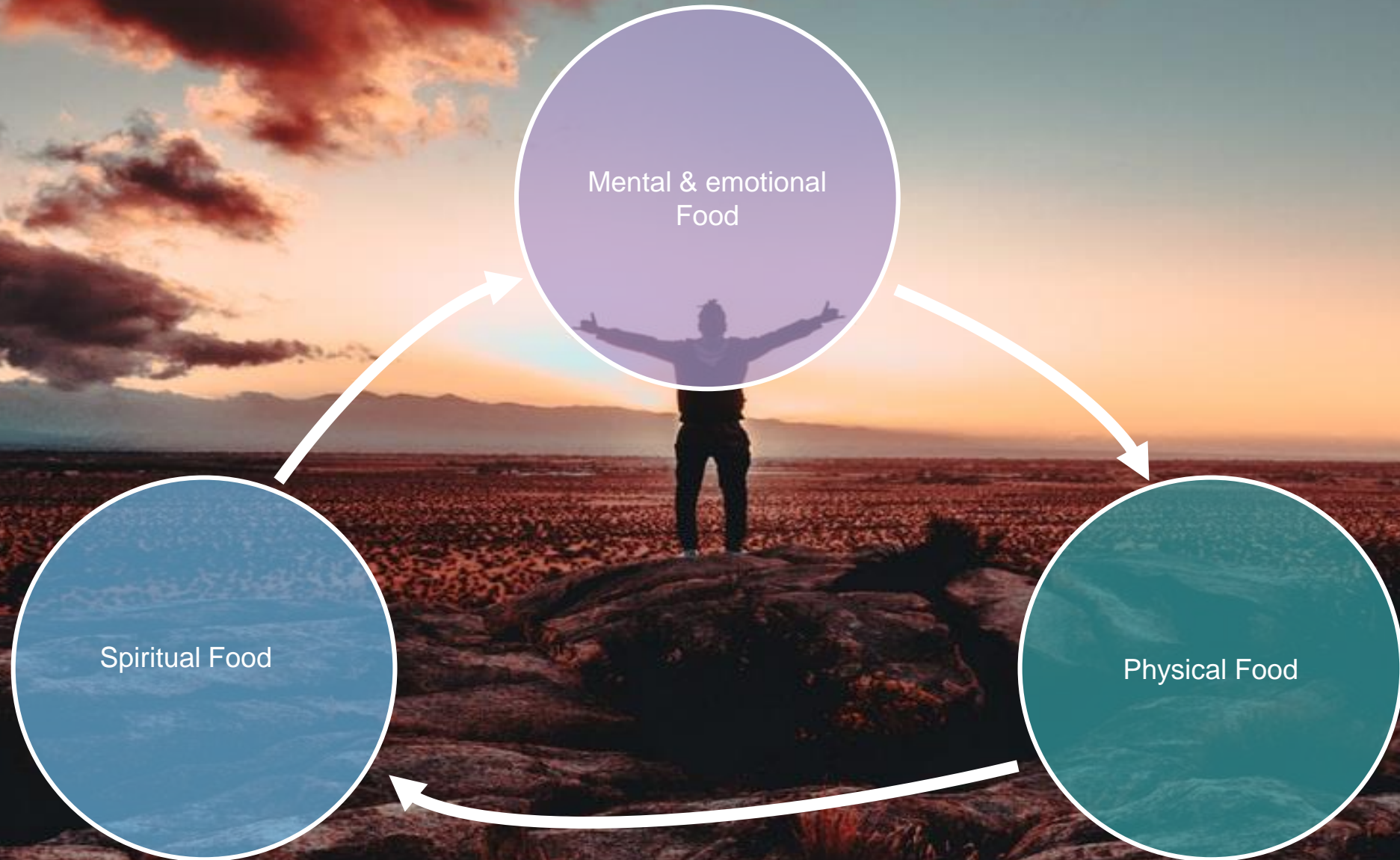


- 1) *Physical*
- 2) *Mental - Mind*
- 3) *Emotional*
- 4) *Behavioural*
- 5) *Social - Human*
- 6) *Spiritual*
- 7) *Energy*
- 8) *Time*



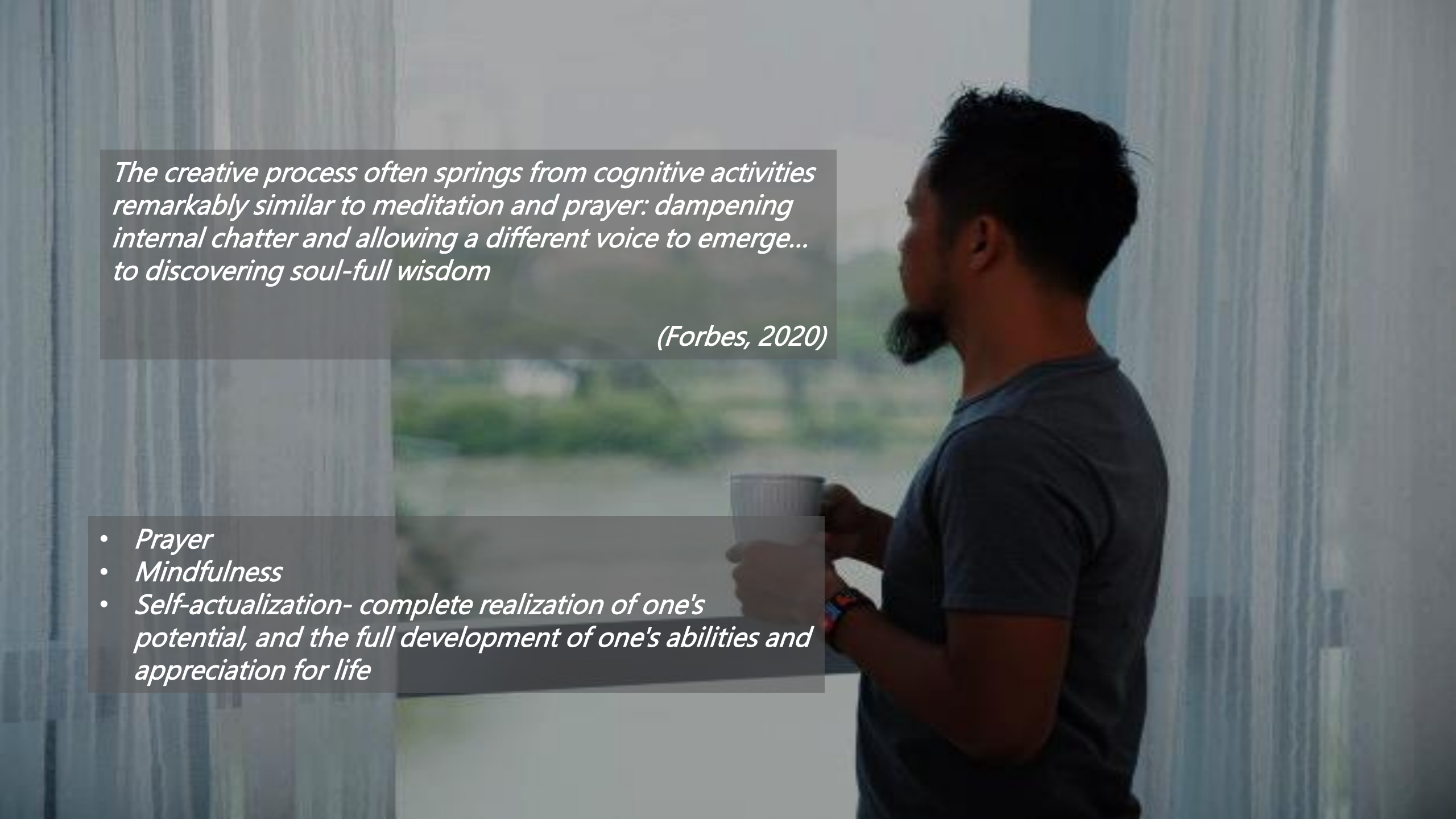
Energy Management

(PENGURUSAN TENAGA)



Spiritual Management (ENGURUSAN SPIRITUAL)



A man with a beard and short dark hair is shown in profile, facing left. He is wearing a dark grey t-shirt and holding a white cup with both hands. He is standing in front of a large window that looks out onto a blurred landscape with greenery and water. The lighting is soft, suggesting morning or late afternoon. The background is slightly out of focus, emphasizing the man and the text overlays.

The creative process often springs from cognitive activities remarkably similar to meditation and prayer: dampening internal chatter and allowing a different voice to emerge... to discovering soul-full wisdom

(Forbes, 2020)

- *Prayer*
- *Mindfulness*
- *Self-actualization- complete realization of one's potential, and the full development of one's abilities and appreciation for life*



5 MANAGING EXPECTATIONS & STANDARDS

Perfectionism



⑥ Digital Detox



*Saying No to the right
things at the right time to
the right persons*




7 MINDFULNESS


~Daily Check-ins~
1) What am I thinking?
2) What am I feeling?
3) What am I doing?

An aerial, top-down view of a city intersection. The central area is marked with a large yellow 'X' formed by thick lines. The intersection is surrounded by yellow-striped crosswalks. Several vehicles are visible: a white car, a yellow taxi, a black car, and a red car. A large white truck is positioned in the center of the intersection, partially obscured by the text. The surrounding area includes buildings, a 'PUBLIC BANK' sign, and various street markings. The text 'Look at the big picture' is overlaid in a white serif font across the center of the image.

Look at the big picture



- 
- ▶ If your target age is 50
 - ▶ Minus your current age from 50
 - ▶ $50 - (\text{current age}, 40) = 10$
 - ▶ Multiply 10 by 12 months = 120 months
 - ▶ You have 120 months before attaining your target age

- 
- ▶ Synergy
 - ▶ What ifs
 - ▶ Dearman
 - ▶ Hobby
 - ▶ Kenny n lionel
 - ▶ znmd

	Jan 2023	Jan 2024	Jan 2025	Jan 2026	Jan 2027	Jan 2028	Jan 2029	Jan 2030	Jan 2031
	Feb 2023	Feb 2024	Feb 205	Feb 2026	Feb 2027	Feb 2028	Feb 2029	Feb 2030	Feb 2031
	March 2023	March 2024	March 2025	March 2026	March 2027	March 2028	March 2029	March 2030	March 2031
	April 2023	April 2024	April 2025	April 2026	April 2027	April 2028	April 2029	April 2030	April 2031
	May 2023	May 2024	May 2025	May 2026	May 2027	May 2028	May 2029	May 2030	May 2031
	June 2023	June 2024	June 2025	June 2026	June 2027	June 2028	June 2029	June 2030	June 2031
	July 2023	July 2024	July 2025	July 2026	July 2027	July 2028	July 2029	July 2030	July 2031
	August 2023	August 2024	August 2025	August 2026	August 2027	August 2028	August 2029	August 2030	August 2031
September 2022	September 2023	September 2024	September 2025	September 2026	September 2027	September 2028	September 2029	September 2030	September 2031
October 2022	October 2023	October 2024	October 2025	October 2026	October 2027	October 2028	October 2029	October 2030	October 2031
November 2022	November 2023	November 2024	November 2025	November 2026	November 2027	November 2028	November 2029	November 2030	November 2031
December 2022	December 2023	December 2024	December 2025	December 2026	December 2027	December 2028	December 2029	December 2030	December 2031



40 months

Level 1



40 months

Level 2



40 months

Level 3





Happy bubble