

IIUM MBBS SEMINAR SERIES

How Do You Express Yourself?



Farah Adrieanna Lin Mohd Shehzad Lin

Farah Abdul Aziz

Nur Nadhirah Mohd Nasir

Nurul Ain Nabilah Mohamad Nawi

Safwan Rukhaini Abd Razak

Dr Hidayatul Radziah Ismawi

IIUM MBBS SEMINAR SERIES

How Do You Express Yourself?

BY:

Farah Adrieanna Lin Mohd Shehzad Lin

Farah Abdul Aziz

Nur Nadhirah Mohd Nasir

Nurul Ain Nabilah Mohamad Nawi

Safwan Rukhaini Abd Razak

Dr Hidayatul Radziah Ismawi

Editor:

Dr Hidayatul Radziah Ismawi

Front page photo credit:

Safwan Rukhaini Abd Razak

DISCLAIMER

This e-book is written by Farah Adrieanna Lin Mohd Shehzad Lin, Farah Abdul Aziz , Nur Nadhirah Mohd Nasir , Nurul Ain Nabilah Mohamad Nawi , Safwan Rukhaini Abd Razak and Hidayatul Radziah Ismawi, Kuantan, Pahang and published by The Malaysian Integrated medical Professionals Association, Kota Kinabalu, Sabah. All rights reserved. Reproduction of any part of this writing is not permitted in any form and any manner whether electronic, photocopying, recording, or other forms without the author's permission. Reselling or modification of this book without the author's permission is not allowed. The author is not responsible for the suitability of contents to all readers.

Copyright ©2022

Published by:
Malaysian Integrated Medical
Professionals Association
(MIMPA) Kota Kinabalu, Sabah

e ISBN 978-629-96678-0-3



9 7 8 6 2 9 9 6 6 7 8 0 3

PREFACE

The IIUM SEMINAR SERIES are e-books based on Phase 1 Kulliyah of Medicine, IIUM, MBBS student seminar presentations. As part of the curriculum, all students are required to present one seminar. Topics covered are varied and not necessarily related to medicine.

This e-book is based on the topic of self-expression touching on the definition, importance and various forms of self-expression. It will also cover tips to enhance self-expression and some Islamic input on the topic.

FARAH ADRIANNA LIN



Self expression will always be something special to me. I am free to be who I am. Although, I cannot deny that I am still on the path of self discovery, trying to fully understand myself. I love to express myself through writing, as I can validate my thoughts and reflect on them. It is one way I cope with my feelings, any kind of feelings. Be it overwhelming or contented feelings.

Another form of my self expression is by making a playlist based on how I feel. Some will say I'm being dramatic because I will end up listening to sad songs whenever I'm down which makes it even more depressing but hey that's who I am. However, when I'm over the moon, you cannot stop me from vibing to my favourites especially to Taylor Swift. Two different extremes. That's who I am.

Medical student (Year 2, IIUM)

FARAH ABDUL AZIZ



I actually have more than one way of expressing myself. Mostly, what I will do is write about my feelings. Depending on my mood, I love to write narrative essays and send text messages to my family and close friends. When I am sad, I usually go for narrative essays by simply grabbing a pen and a paper and writing a story based on my emotions. The first story I wrote when I was six years old was about a little sheep that lost its mother. When I am happy, I usually write about the things that make me feel good, but I rarely keep the writing to myself. Instead, I will send them to my family and close friends because I want them to know that I'm happy. Sometimes, when I miss them, I will send them a long paragraph of appreciation and write about our good memories.

Other than writing, sometimes I also listen to music and sing random songs.

Medical student (Year 2, IIUM)

NUR NADHIRAH MOHD NASIR



As someone who finds it difficult to say what is inside their head and pour out the worries they feel, I prefer writing down these feelings rather than saying them aloud. However, I don't like writing diaries or journals, I like creating fictional stories with fictional characters that come into my imagination. I started writing them back in my primary school times and I resumed doing it until now, though not all the time due to my hectic schedule. Most of the stories would be influenced by my emotions, the lyrics of the songs I was listening to or even the dramas and movies I've watched. I've written quite a few unfinished stories which contain a few chapters in it but I've kept them in my google drive and only a few friends of mine had read them. Getting lost in my own world had helped me calm my thoughts and I would feel better afterwards, free from the suffocating feelings in my chest. Well, that's how I express myself. :)

Medical student (Year 2, IIUM)

Nurul Ain Nabilah Mohamad Nawi



When being asked about expressing myself, one thing that comes across my mind is drawing. I can draw anything on the blank canvas to portray what I feel at that moment. I still remember the first time I drew a Disney princess when I was still a child, around 5 years old, a sudden instinct just come during that time that that I just need to draw some lines just like in the picture that I see to make hair, face and the result is somewhat a fair drawing for a beginner, and it made me happy. From that moment, I just drew anything that interests me ranging from my favourite animal, my favourite cartoon character or my favourite flower. This way, I can tell anyone my interest, my feelings, and even my mood just using my drawing without having to say or write on a paper. Even though I'm not an artistic person, drawing something can help me to relax, be in the moment and distract me from anything that stresses me out .Sometimes I feel happy, Sometimes I feel sad, Sometimes I feel angry, or even hurt, or fearful. I can channel all those feelings into a drawing. Even though sometimes other people don't get what I'm drawing, it is enough for me to see what I'm trying to express with my drawing, and it makes me happy to do so.

Medical student (Year 2, IIUM)

SAFWAN RUKHAINI ABD RAZAK



People always have their unique ways to tell others about themselves. The best way you see does not mean it is the best way for others. For me, the unique way to express myself is through photography. From doing the photography itself to the photos that were created have its own meaning that conceal within that time. I remember the first photos that were taken in IIUM as a second year student. After 2 years of pandemic and online classes, I am really happy that I can finally see my friends and lecturers in real life, but the story is not always compelling. At the end of the second block, the exam hit me really hard. I take a step back and start walking every single day for at least 30 min before the Maghrib prayer to take photos of nature. This helped me a lot and all my friends that are close to me know that I need my personal space at that time. Despite that I am an introvert and never share my photos in my social media, but I have ways to tell others about it. Polaroid is my choice of way to tell the story to others. Every photo that was meaningful to me was printed and presented in my room. I even made a two A3 size frame of my work and hang it in my room for my friends to see it. That's how important it is to me, and in my opinion, photography is not just a skill that people strive to learn because of a good picture, but the story behind it.

Medical student (Year 2, IIUM)

DR HIDAYATUL RADZIAH ISMAWI



Discovering how to best express yourself is continuous journey of self-discovery and that is the beauty of it. Personally, I love to express myself through words, both verbal and written. Public speaking is daunting but thrilling and writing poetry is calming; two complete ends of the spectrum but there is a bit of me in both. Of course, I also enjoy making playlists and singing “car-aoke” on long drives.

-Lecturer (pharmacology)
Kulliyah of Medicine
IIUM



CONTENTS

01	DEFINITION & IMPORTANCE	1
02	WRITING	6
03	SPEAKING & BODY LANGUAGE	13
04	ARTISTIC ENDEAVOURS	19
05	ENHANCE SELF EXPRESSIVENESS	24
06	CONCLUSION	29





01

Definition & Importance Of Self-expression

DEFINITION

According to the Collins English Dictionary, self-expression is :

- The expression of your personality, feelings, or opinions
- Communicating your individuality

It is the process of taking something deep within ourselves and putting it into an observable form.



IMPORTANCE

There are various importance of self-expression which include:

- Develop one's identity
- Provides relief
- Closer relationship with people

Develop One's Identity

Self-expression allows the individual to develop their own identity. This is because it allows people the freedom to share themselves with the world. In order to do so, it is important to be persistent and show others that what you choose to share is your true self. However, it should be remembered that developing one's identity is a journey of self-discovery where the process is just as important as the destination.

"The self is not something that one finds. It is something that one creates"
- Thomas Szasz's



IMPORTANCE

Provides relief

Everyone goes through life dealing with various situations and reacting to different challenges. Self-expression provides each individual an outlet to express emotion ranging from painful or difficult experiences to joy and happiness. Pent up emotions may lead unresolved issues and self-expression can also be a healthy coping mechanism to work through these issues.

"It's not the load that breaks you down. It's the way you carry it"

- Lou Holtz



IMPORTANCE

Closer relationship with people

Barriers between people arise when we don't communicate our thoughts and feelings. Self-expression can help overcome these barriers by bridging the gap between people. It is important to remember that other people are unable to read your mind, in order to form relationships or to communicate it is imperative that self-expression is used.

"Communication is the solvent of all problems" - Peter Shepherd



02

Writing

Writing for Self-Expression

Write to express your feelings and emotions.



ESSAYS

POETRY

JOURNAL

Feelings
Desires
Fantasies


Fears
Gratitude
Senses

Writing is a good form of self-expression because you can write to express your feelings and emotions. You can write essays, poetry or a journal. Writings can include all your feelings, desires, fantasies, fears and feelings of gratitude. It can also describe all of your senses.


“I write entirely to find out what I’m thinking, what I’m looking at, what I see and what it means. What I want and what I fear.”

Joan Didion


Writing for Self-Expression



Release stress



Create great stories




Give power over emotions


RELEASE STRESS

Writing for self-expression is a good form of stress relief. You can write about everything or everyone that is causing you stress, crumple up the piece of paper and throw it away. Although this is a temporary solution, it can somewhat relieve the pent up stress that you are facing.

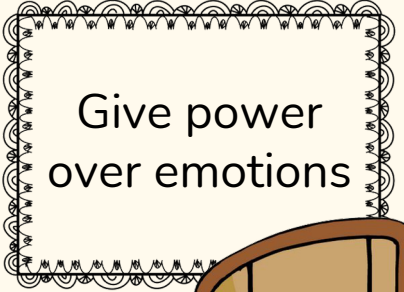
Writing for Self-Expression



Release stress



Create great stories




Give power over emotions




CREATE GREAT STORIES

Writing for self-expression also allows you to explore your imagination and creativity. You can write great stories with any plot of storyline with any character you choose. The stories can be fictional or based on your life and surroundings.


Writing for Self-Expression



Release stress



Create great stories



Give power over emotions

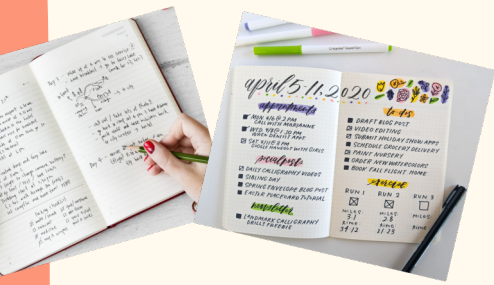
GIVE POWER OVER EMOTIONS

The act of writing can also help you deal with strong emotions without the need for confrontation and consequences. The things you write, if not shared, will not be able to affect others but will allow you to have control over emotions that you are feeling. This is a safe way to express yourself.

Writing for Self-Expression

Journal

A record of observations, feelings, and reflections on experience.



Includes :

- Favourite quotes & poems
- Memorable moments
- Target and dreams
- Bucket list

Notes :

- Write in first person
- Choices of words to describe the situation

Journaling is a good form of self-expression as it allows you to make a personal documentation of anything you wish. You can document your favourite quote or poems, write about memorable moments. You can list your target and dreams or even your own bucket list. You should not be limited by what is possible but simply write down your thoughts.

Journals are best written in first person form to make it more personal. Your choice of words to describe each situation is also a form of self-expression.

Writing for Self-Expression

Social media

A platform for building one's identity

Express ourselves more easily

Feel more connected to the world

! Not everything can be shared on social media

Social media is also a popular platform for self-expression in the written form. You can use whichever social media platform that suits your style (Facebook, Twitter, Instagram, Whatsapp status). However, it is important to remember that not everything can be shared on social media. Personal details should be avoided.

Writing to express yourself on social media can also be less transparent as it is able to be viewed by the public. Therefore, you should take great care in deciding what to share.



03

Speaking & Body Language

Expressing through speaking



One of the simplest way to express yourself

Feelings

Opinion

Ideas

How?

Talk with family or friends

Talk with professionals

TALKING: *the act of expressing one's thoughts, feelings or desires by means of words*

EFFECTIVE COMMUNICATION

Expressing thoughts and feelings appropriately to another person

INEFFECTIVE COMMUNICATION

Disruption or failure in the process of communication

Talking is the act of expressing one's thoughts, feelings or desires by means of words. It is probably the most obvious form of self-expression. It is also one of the simplest ways to express yourself. By speaking you can express your feelings, opinions and ideas. You can either communicate effectively to express your thoughts and feelings appropriately to another person or ineffectively which results from a disruption or failure in the process of communication. In order to improve self-expression via speaking, you can talk with family members or friends. Another option is to talk with professionals such as counsellors.



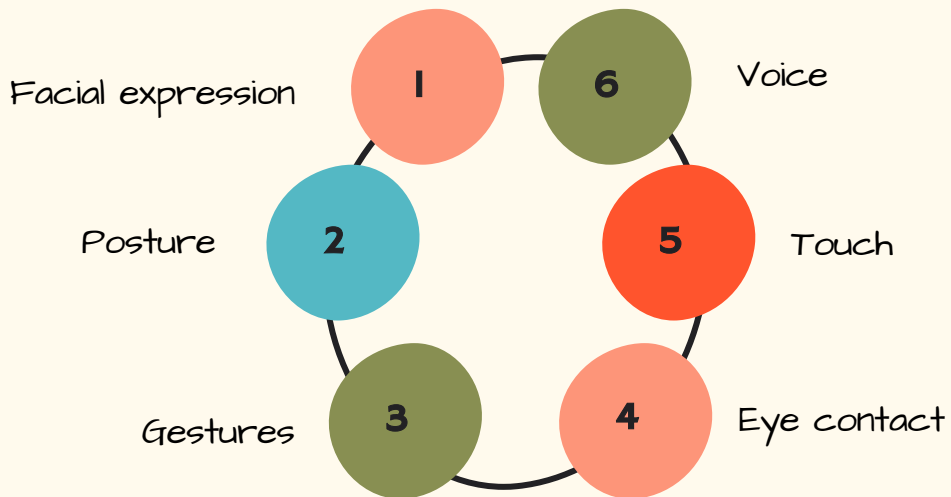
What is body language?

Use of physical behaviour, expressions & mannerisms to communicate nonverbally

Usually instinctively & unconsciously

Non-verbal communication or body language is an important part of communication as well as self expression. You can convey your message as well as emphasise your own unique communication style through body language. Certain expressions and mannerisms are often associated with individuals. Body language is usually instinctive and unconsciously done but it also develops as part of an individual's personal style.

Types of body language



FACIAL EXPRESSION

The face is one of the most expressive parts of our body. It can depict a wide array of emotions. When done in response to any situation or as part of communication it can determine your mood, interest, agreement and much more. For example, a smile can make you seem more approachable and friendly, a serious face can show focus and an animated face can indicate excitement.

- <https://www.verywellmind.com/types-of-nonverbal-communication-2795397>
- <https://www.skillsyouneed.com/ips/body-language.html>

POSTURE

Simply the way someone sits or stands can indicate how they feel about any given situation. People who adopt a closed posture (arms folded, legs crossed, body positioned away from others) may indicate reservation, disinterest or low mood. Those with an open posture (arms and legs uncrossed, body positioned to face directly to others) is often perceived as a positive and friendly attitude.

GESTURES

There are several types of common gestures such as emblems (which serve the function of words), illustrators (which accompany words to illustrate verbal message) and regulators (used to give feedback during conversation).



EYE CONTACT


Eye contact is a great expressive tool. Maintaining eye contact shows interest, honesty and openness. Avoiding eye contact can indicate shyness or sometimes deceit.

TOUCH

Touch is also a good way to express yourself in communication. A pat on the shoulder can show support, slowly stroking the back can show empathy, hi-fives can convey excitement. It also bridges the gap between people during communication.

VOICE

Voice is also considered a part of body language if considered separate from the words used during speech. Various tones, volume, pitch and inflections can convey a variety of expressions. The study of this known as paralinguistics.





04

**Artistic
endeavor**

The act or quality of creating art or process of performing, making, or arranging something decoratively and tastefully



Create something



Music

Artistic endeavours, whether creating something or involving music is perhaps what is most often thought of when referring to self-expression. There are countless artistic endeavours, however this categorisation is used for simplification.

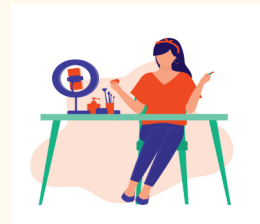
CREATE SOMETHING

Painting, drawing, sketching, digital art



- To cope and express our emotions
- Portray what we feel

Make up



- A form of art in such way that our face is our canvas.
- But muslims should not wear too much (tabarruj)

PAINTING, DRAWING, SKETCHING & DIGITAL ART

This is an excellent form of self-expression. Art is often used to express a wide range of emotions. It is also used as therapy and a way to cope with a multitude of issues including stress. This form of self-expression allows us to portray what we feel in a visual form.

MAKE-UP

Many tend to judge people who like make-up but in fact it is also a great way to express yourself. It is as if your face is your canvas and not simply a way to cover up imperfections. Make-up can reflect the person's personality, mood and signature style.

CREATE SOMETHING

Handcraft

Jewelry@key
chain making



Crocheting@
knitting



- Multiple patterns, stitches, and materials to guide our design
- Explore different type of beads, wire and many more
- Support productivity and wellbeing

Calligraphy

أَعْمَلُوا عَمَلًا

-live in the-
moment

- Add beauty and emotions towards the handwriting
- Western, Arabic or Oriental
- “ *It was beautiful, historical, and artistically subtle in a way that science cannot capture and i found it fascinating*” - Steve Jobs

HANDICRAFT

For those who are good with their hands, self-expression through creating handicrafts is an excellent option. Crocheting or knitting can be based on multiple patterns and designs. You can explore different material to make jewellery as well. Not only is it a creative form of self-expression but the end result is something that can be worn and used in every day life.

CALLIGRAPHY

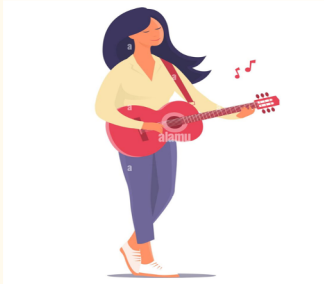
The art of calligraphy allows self-expression by adding beauty and emotions to letters. There are various different styles to try including Western, Arabic or Oriental.



USE MUSIC TO EXPRESS YOURSELF



Playing a musical instrument



Creating music of your own



Singing along to your favourite songs



Playlist

MUSIC

Self-expression through music is a beautiful thing as music is a universal language. Whether you play a musical instrument, create your own music, love to sing along to your favourite songs or curate your own playlist; music has many benefits. It can help a person heal whether from resonating with the vibe of the music, feeling seen in the lyrics of the song you're listening to or by channelling your emotions through the sounds you create. Regardless of your musical taste, music is definitely a way to express yourself.



05

**ENHANCE SELF
EXPRESSIVENESS**

How to Enhance Self Expressiveness

1 *Defining Ourselves in the Broadest Possible Sense*

Commonly, we tend to limit ourselves or have pre-conceived ideas that we aren't good at something therefore we can't really use that as a form of self-expression. "I can't sing, I can't draw, I'm not crafty". Try and broaden your definition of yourself. Allow yourself the chance to try new things that you may not have tried before. There are no limits.

2 *Practice Speaking the Truth*

When communicating always practice speaking the truth. If there is anything that you are uncomfortable with or you do not agree with, it is important to tell the other person directly.

How to Enhance Self Expressiveness

3

Develop Self-Knowledge

In order to figure out what is the best way to express yourself, it is important to develop self-knowledge. This is always a work in progress. As you try more new things, you can discover your passions and your talents.

4

Letting go of what people think

One of the biggest obstacles in self-expression is being afraid of other people's judgements and criticisms. In order to overcome this, it is important to let go of what people think. Each person is an individual, so self-expression is also personal to each person. In the end, worrying what other people think will only cramp your style.

How to Enhance Self Expressiveness

5

Engage in Creative Exercises

Try and find opportunities to be involved and improve your chosen method of self-expression. Creative writers can look for writing prompts to start their next great story, musicians can participate in song writing camps and those who love to paint or draw can join competitions. These exercises will help you practice and set small goals for yourselves.

6

Start Pursuing The Life You Want

In the end, the best way is to simply start pursuing the life you want. You should decide how best you express yourself and share with the world.

Based on: Courtney E. Ackerman, the author of four books and holds a Master of Arts in Positive Organizational Psychology from Claremont Graduate University.

Islamic Perspective

Islam encourages its followers to express themselves as long as it follow the Islamic law.

Islamic poet at the time of Rasulullah SAW that express themselves toward Jahiliyyah.

Some of the content of the poem written by Abdullah ibn Rawahah:



Were it not for Allah, we would
not have been
Guided to the Right path nor
charitable
Nor able to perform our prayers
So descend, peace of mind and
reassurance,
On us and establish our feet
firmly
when we meet our enemy
in combat. If our oppressors
tried to spread
affliction and trial, unrest among
us
We will not give them way.



Conclusion

“If you celebrate your differentness, the world will, too. It believes exactly what you tell it—through the words you use to describe yourself, the actions you take to care for yourself, and the choices you make to express yourself. Tell the world you are one-of-a-kind creation who came here to experience wonder and spread joy. Expect to be accommodated.”

— Victoria Moran





Template by Slidesgo, icons by Flaticon and images by Freepik

The IIUM SEMINAR SERIES are e-books based on Phase 1 Kulliyah of Medicine, IIUM, MBBS student seminar presentations. As part of the curriculum, all students are required to present one seminar. Topics covered are varied and not necessarily related to medicine.

This e-book is based on the topic of self-expression; touching on the definition, importance and various forms of self-expression. It will also cover tips to enhance self-expression and some Islamic input on the topic.

e ISBN 978-629-96678-0-3



9 78 6299 6678 03