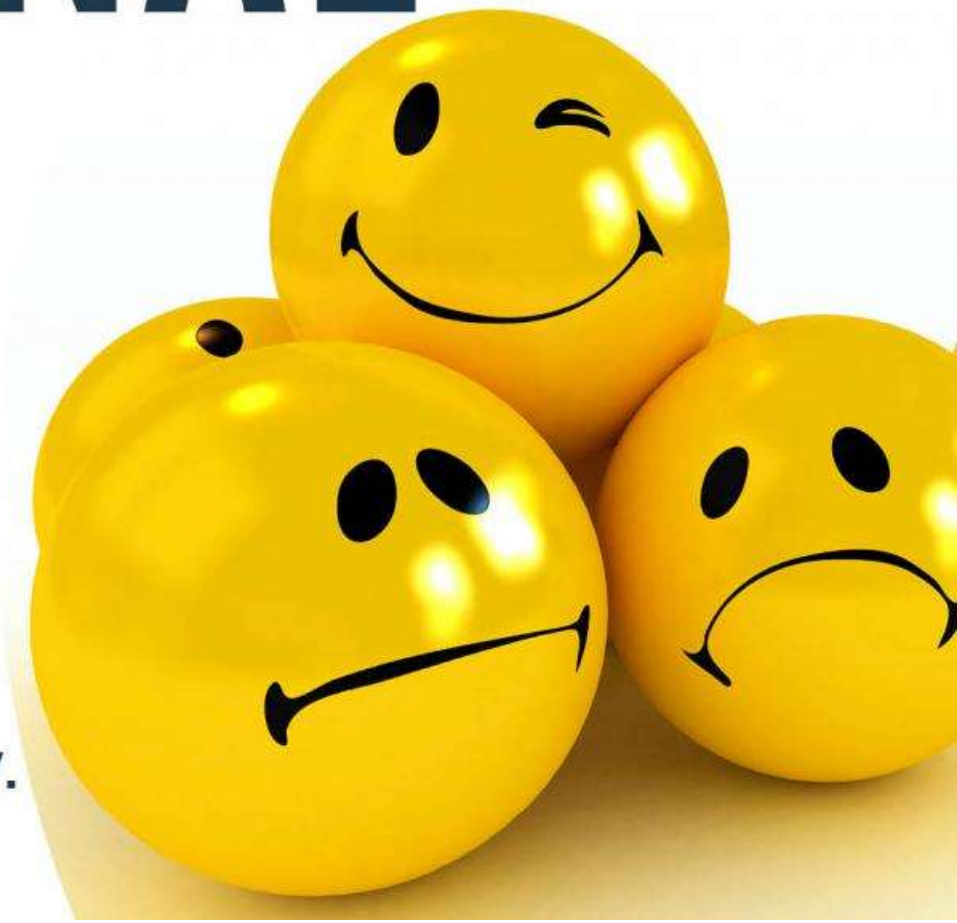

We need
Emotional Healing

EMOTIONAL WELLNESS

Have a positive attitude, high self-esteem, a strong sense of self, and the ability to recognize & share a wide range of feelings with others in a constructive way.



Let's breakdown the topic into the two main components

Emotions

+

Intelligence

First, the Emotions...

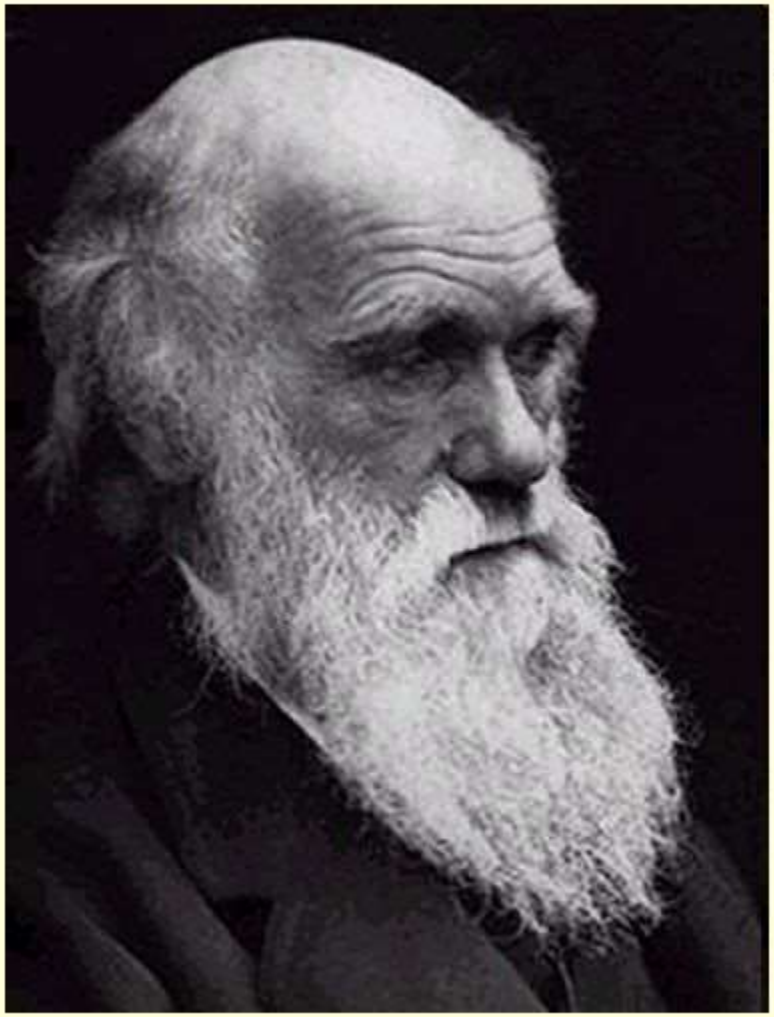
Emotions

- **A complex psychological state which involves three distinctive components:**
  - **Subjective experience: a feeling component**
  - **Physiological response**
  - **Behavioural response**

Feeling component

- **Emotions are created in the brain!**
- **Emotions make us act in a certain way**
- **To live a world with in emotions is not a life worth living!**
- **Aids our survival**
- **Socially important**

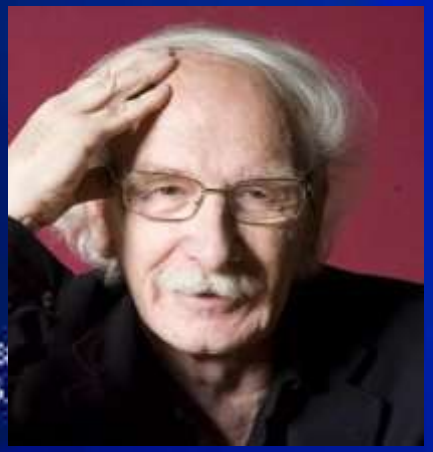
Expression of Emotions is Adaptive



- Darwin speculated that our ancestors communicated with facial expressions in the absence of language. Nonverbal facial expressions led to our ancestors survival.
  - Surprise widens our eyes, enabling us to take in more information.
  - Disgust wrinkles the nose, closing it to foul odors.

'Mirror' Neurons

- Observation of an action automatically triggers simulation of that action
- Neurons in the premotor cortex fire during goal-directed actions as well as the observation of similar actions
- "Mirror" neurons provide a neural basis for imitation and empathy (inner imitation)



Gallese V. The Manifold Nature of Interpersonal Relations: The Quest for a Common Mechanis
The Neuroscience of Social Interaction. New York, NY: Oxford University Press; 2003:159-186.


How would you feel if your were at the other end of the phone?

Purposive component

- **Give emotion its goal-directed force.**
- **Motivation to take action.**
- **Cope with emotion-causing circumstances.**
- **Shows how people benefit from emotions.**
- **Has a social and evolutionary advantage.**

Social-Expressive component

- **Is the emotion's communicative aspect.**
- **Postures, gestures, vocalizations, facial expressions make our emotions public.**
- **Covers both verbal and nonverbal communication.**
- **Helps us interpret the situation.**
- **Shows us how a person reacts to an event.**

Functions of emotions

- Emotions have an action orientation
- They add colour to our lives
- They are adaptive (serve a useful purpose)
- Serve as a tipping point in dealing with dilemmas
- Facilitate social interactions

Social function of emotions

- **Communicates our feeling to others**
- **Influences how others interact with us**
- **Invite and facilitates social interaction**
- **Creates, maintains and when things go bad dissolves relationships**

Response to mother eating kale

Response to mother eating carrot

We are born with some emotions, and learn others later

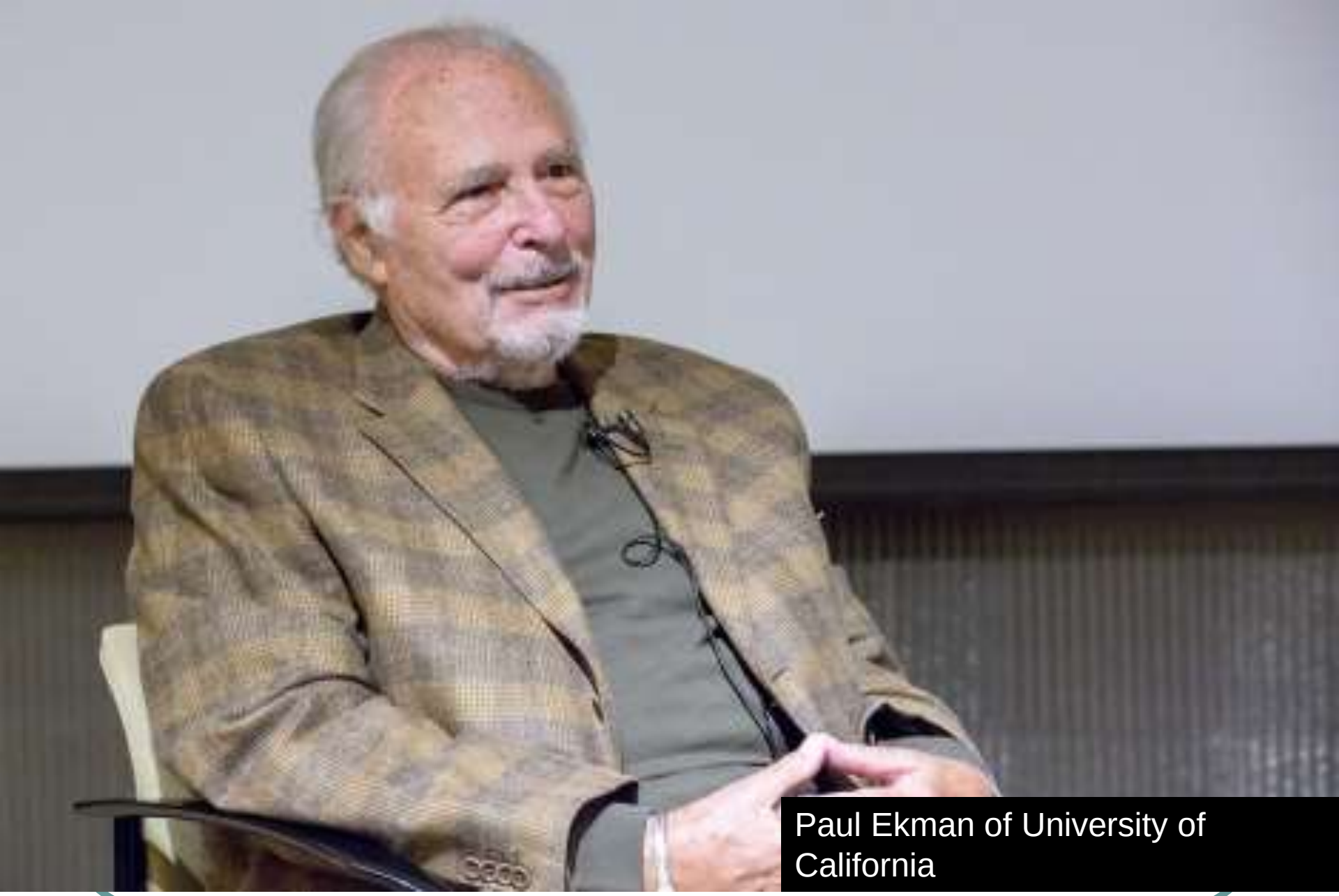
Taught emotions

Humility
Forgiveness
Empathy
Optimism
Compassion
Sympathy
Patience
Shame
Pride
Gratitude

Hard wired emotions

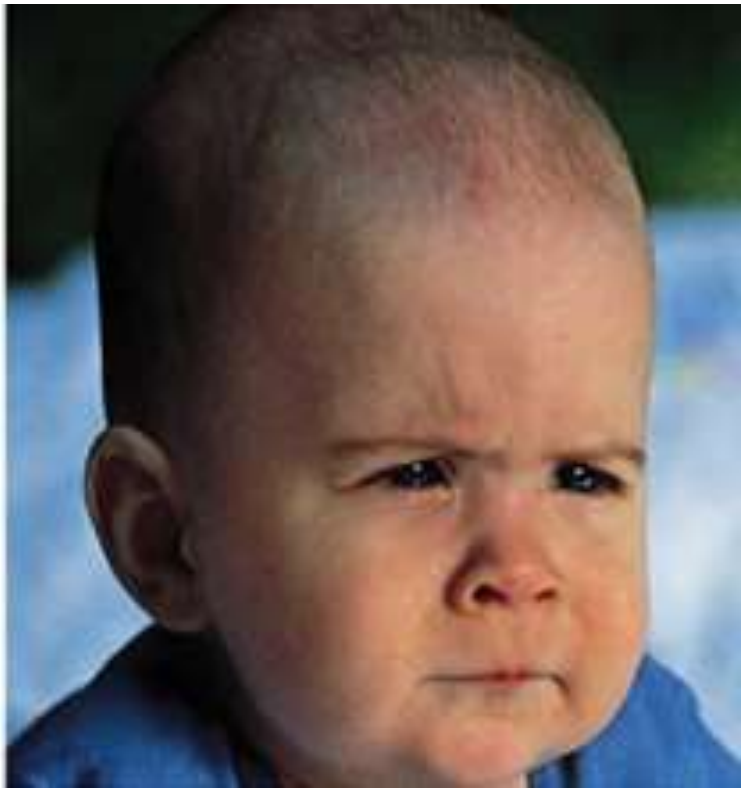
Sadness
Joy
Disgust
Anger
Surprise
Fear


Types of Emotions



Paul Ekman of University of California

(a) Joy (mouth forming smile, cheeks lifted, twinkle in eye)



(b) Anger (brows drawn together and downward, eyes fixed, mouth squarish)

(d) Disgust (nose wrinkled, upper lip raised, tongue pushed outward)

(e) Surprise (brows raised, eyes widened, mouth rounded in oval shape)

(f) Sadness (brow's inner corner raised, mouth corners drawn down)

(g) Fear (brows level, drawn in and up, eyelids lifted, mouth corners retracted)

Paul Ekman's 6 Basic Emotions


Anger


Disgust


Fear


Happiness


Sadness


Surprise

Carroll Izard: distinct emotions appear within the first months of life

POSITIVE EMOTIONS

JOY

Enjoyment
Happiness
Relief
Bliss
Calmness
Delight
Pride
Thrill
Ecstasy

INTEREST

Acceptance
Friendliness
Trust
Kindness
Affection
Love
Devotion

SURPRISE

Shock
Astonishment
Amazement
Astound
Wonder

NEGATIVE EMOTIONS

ANGER

Fury
Outrage
Wrath
Irritability
Hostility
Resentment
Violence
Frustration

SADNESS

Grief
Sorrow
Gloom
Melancholy
Despair
Loneliness
Depression
Disappointment

FEAR

Anxiety
Apprehension
Nervousness
Dread
Fright
Panic

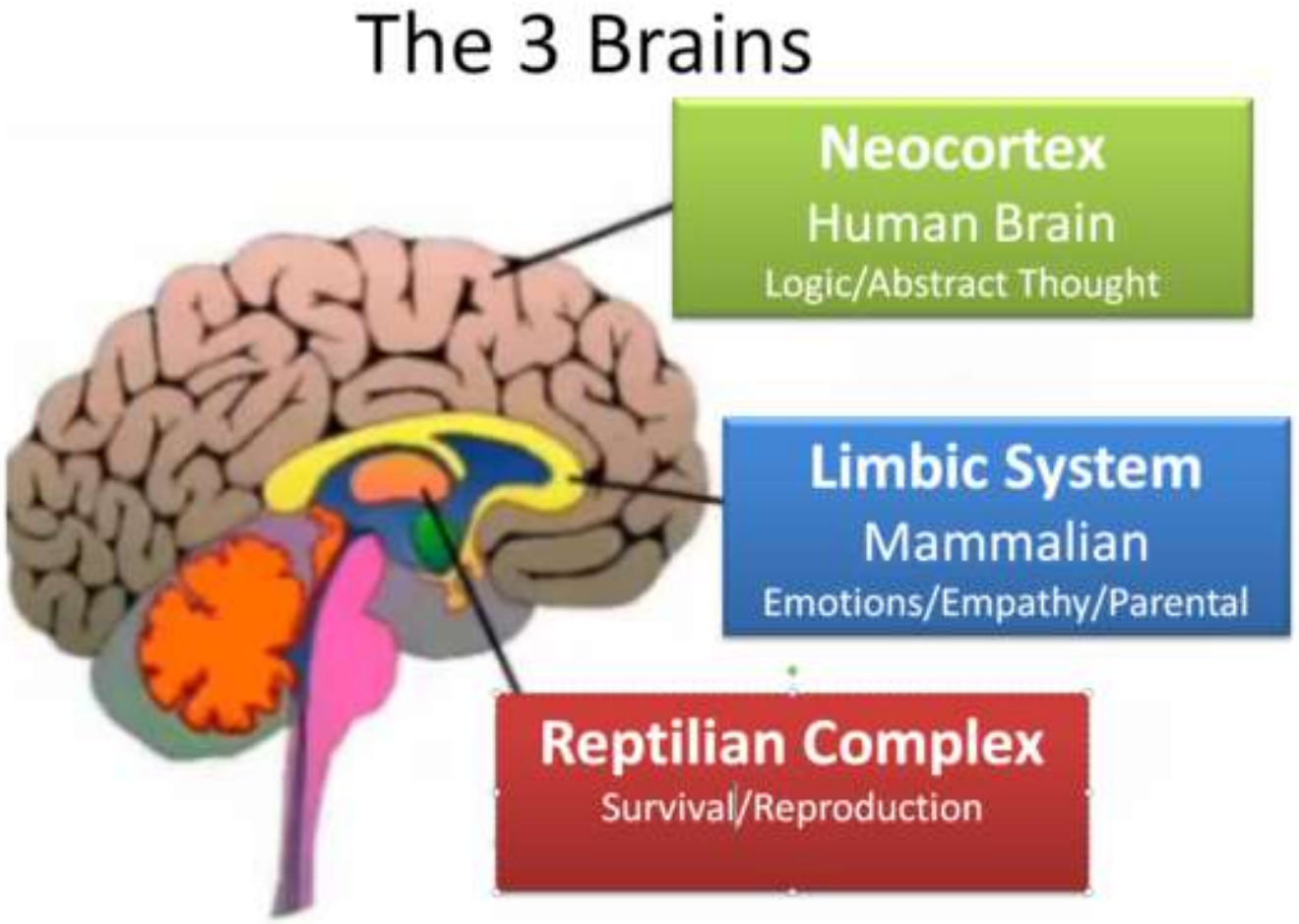
DISGUST

Contempt
Disdain
Scorn
Aversion
Distaste
Revulsion

SHAME

Guilt
Embarrassment
Chagrin
Remorse
Regret
Contrition

Where do emotions arise?

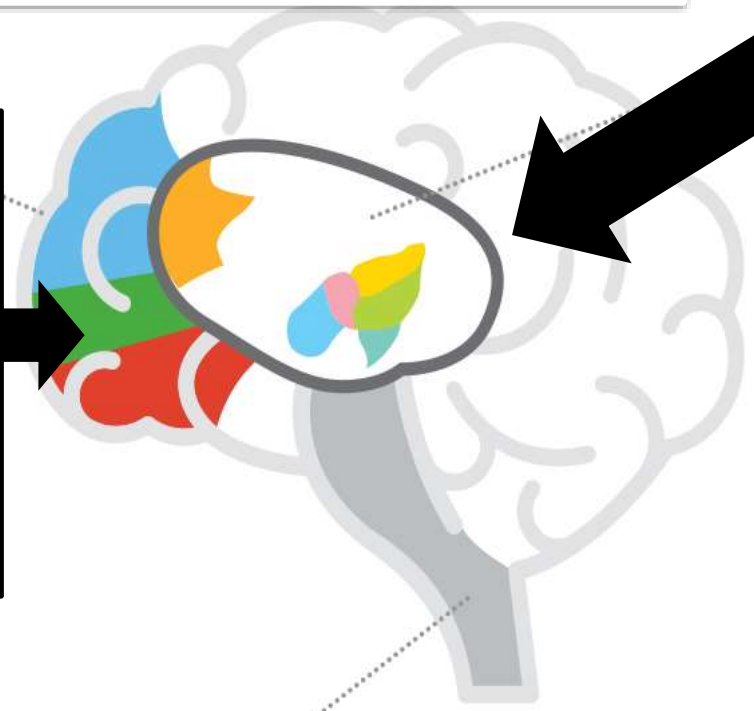


Regions of the brain dealing with emotions

Limbic system (Contains the emotional centers)

Prefrontal cortex

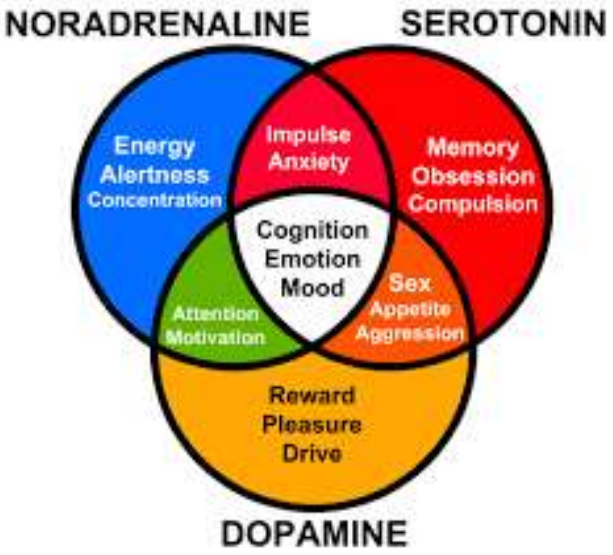
The CEO of the brain



Instinctive regions

- Brain stem (autonomic functions)

Body



Question of the importance of EQ over IQ

For a long time people have been asking the question “Is a person’s success dependent on intelligence as measured using Intelligence Quotient?”

THE NUMBERS GAME

The 4 Components of Emotional Intelligence

TalentSmart tested **emotional intelligence** alongside 33 other important workplace skills, and found that **EQ** is the strongest predictor of performance, a full

58%

of success in all types of jobs.

Source: Inc. September 28, 2016

20%

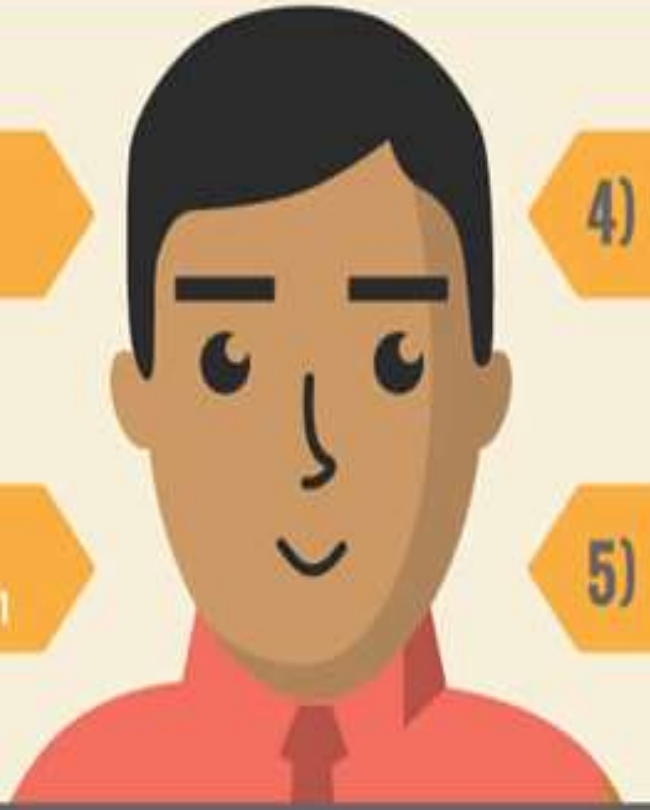
of companies are now measuring **EQ** in the hiring or promotion process

Source: 2014 article published by the University of Pennsylvania's Wharton School

EMPLOYERS VALUE EI OVER IQ?

In order of importance, employers say it's because those with high EI...

1) Usually remain calm under pressure



2) Resolve conflict effectively

3) Are empathetic to their colleagues — and act as such

4) Lead by example

5) May put more consideration into business decisions

Emotional Intelligence

90% of top performers are high in EI

Leaders with EI are more than twice as likely to be highly Emotionally Resilient.

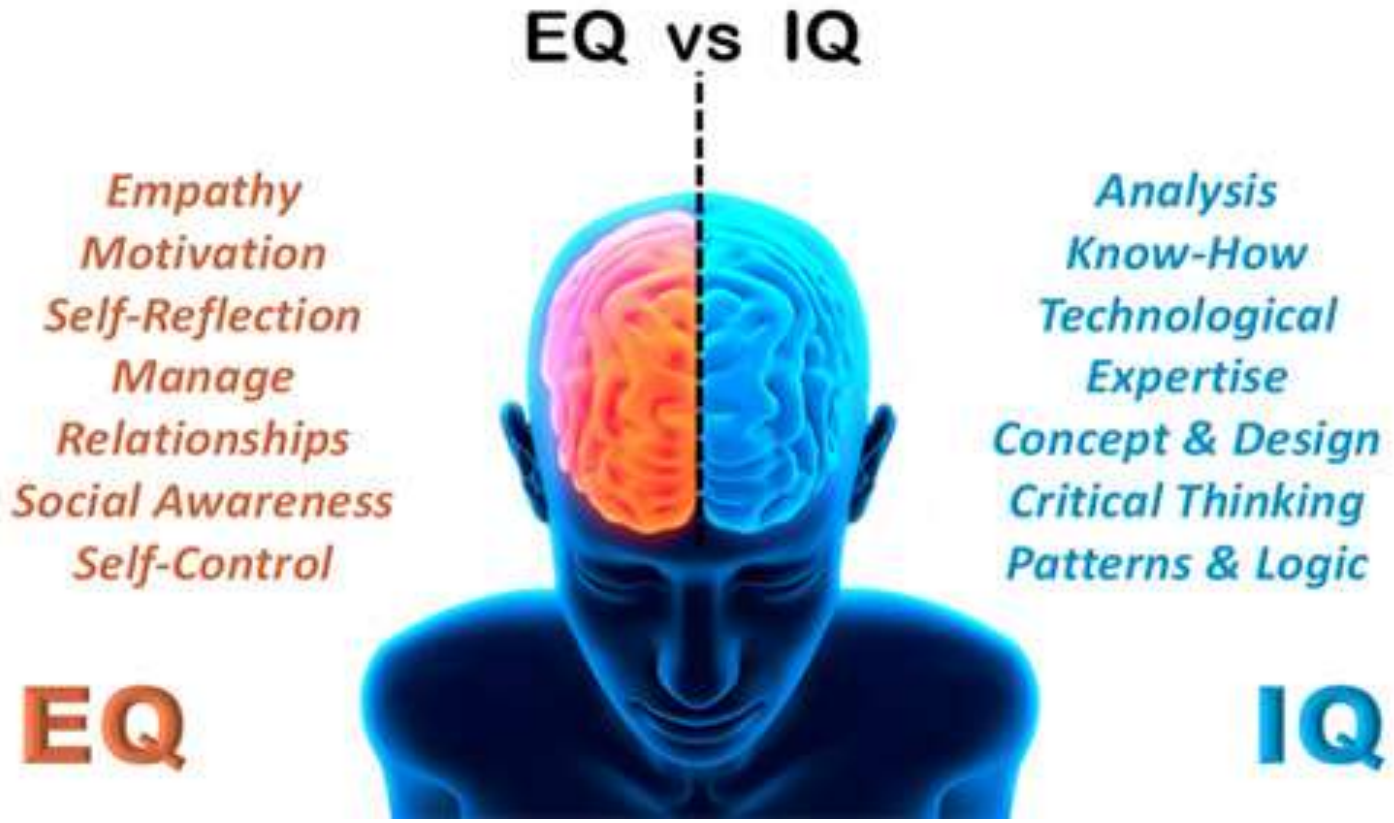
Emotional Intelligence is a top predictor of high potential. PSI studies show that just 7% of graduates have high EI – We can help you identify and develop this crucial capability.

Managers trained in EI deliver **twice the profit** than those that are not

So, what exactly is EQ?

A simple definition of EI

Ability to recognize and manage emotions in own self and in others in order to reach desired outcomes.


EQ vs IQ
Empathy
Motivation
Self-Reflection
Manage
Relationships
Social Awareness
Self-Control
EQ
Analysis
Know-How
Technological
Expertise
Concept & Design
Critical Thinking
Patterns & Logic
IQ

How Does EQ Differ From IQ?

MHS 2005

EQ	IQ
• Focus: developing an understanding of and an ability to manage emotions	• Focus: developing one's cognitive abilities; more academically oriented
• Can be enhanced throughout one's life	• Generally thought to be largely established at birth and cannot be enhanced
• Recently understood to be an important predictor of one's potential for success	• Has been traditionally used to predict potential for one's success
• Fosters understanding and management of own emotions	• Allows development of needed knowledge base
• Promotes positive relationships	• Enables development of technical skills and abilities
• Increases self-motivation and drive	• Enables conceptual thinking

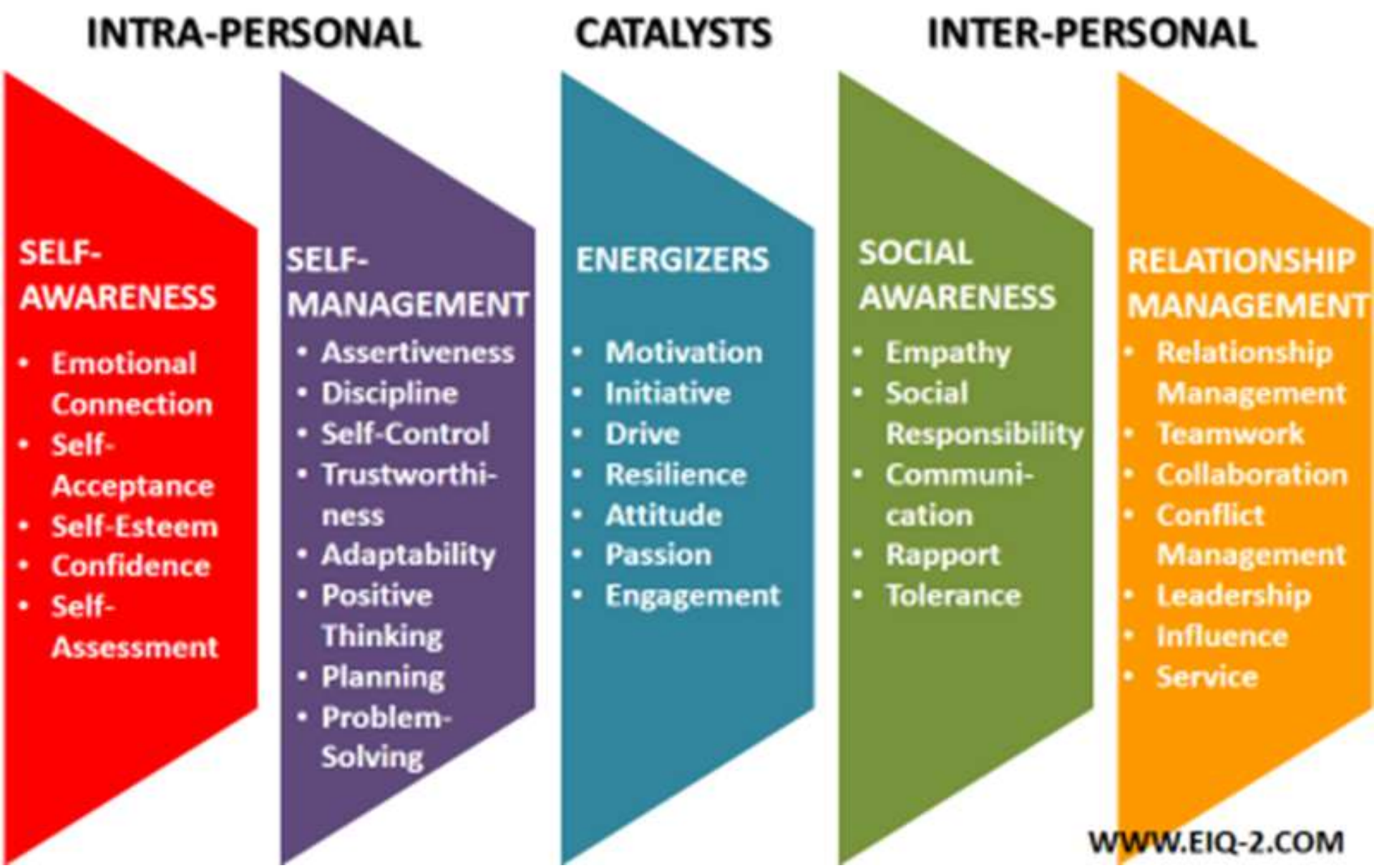
Link to success at work

- **Complex jobs require higher levels of EI**
- **Careers of people with low EI plateau early**
- **Technical competencies will get you the job, but promotions will come to people with high EI**
- **Customer satisfaction has become an important issue in the world of work today**

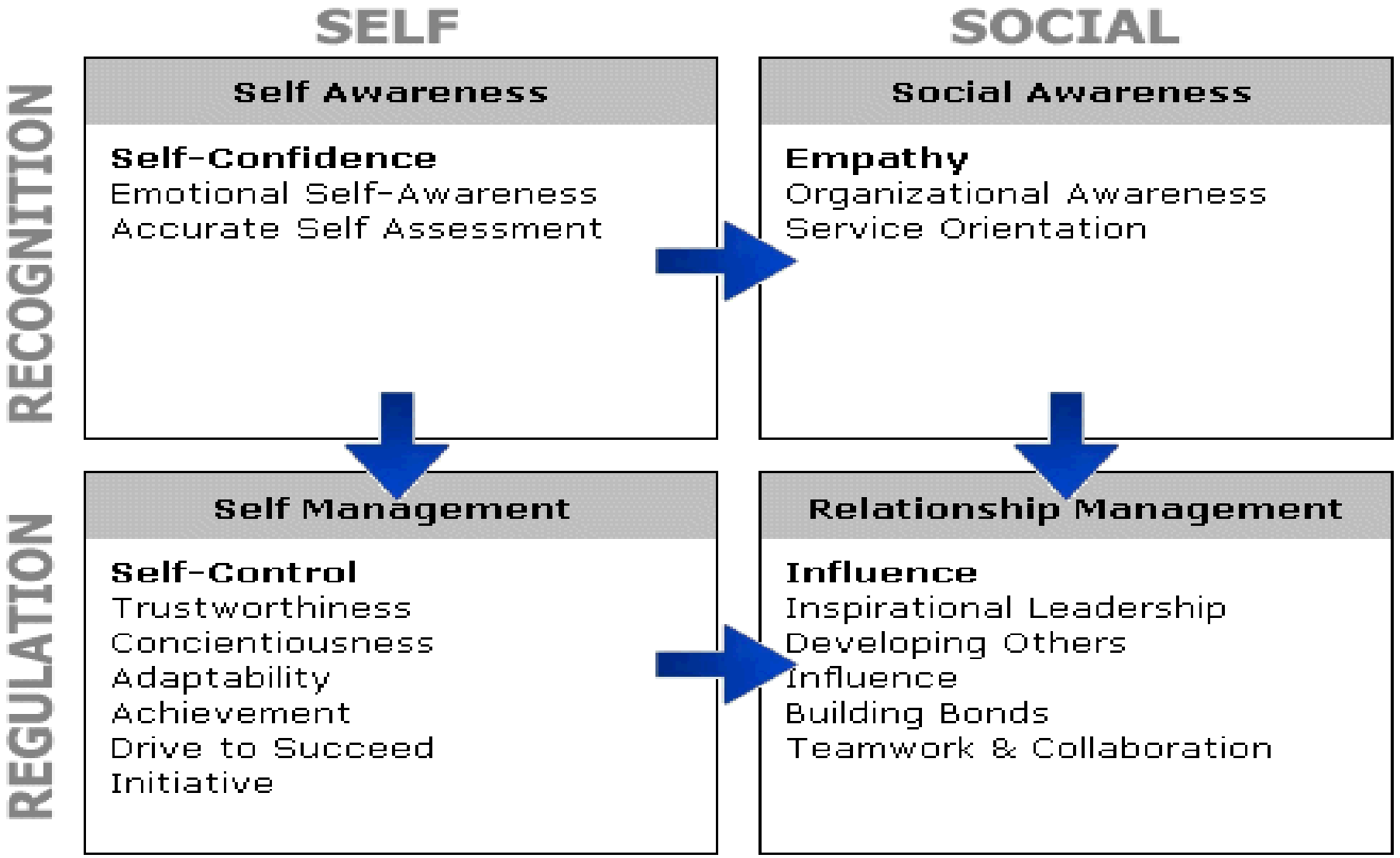
History of Emotional Intelligence

- Peter Salovey (Yale)
- John Mayer (U of NH)
- Four branch ability model of emotional intelligence
- Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT)

Emotional Intelligence



More recent concept of EI



Human brain development

Nikki Smith
The BACCHUS Network

Figure 23.13
Components of the diencephalon involved in memory. The thalamus and mammillary bodies receive afferents from structures in the medial temporal lobe.

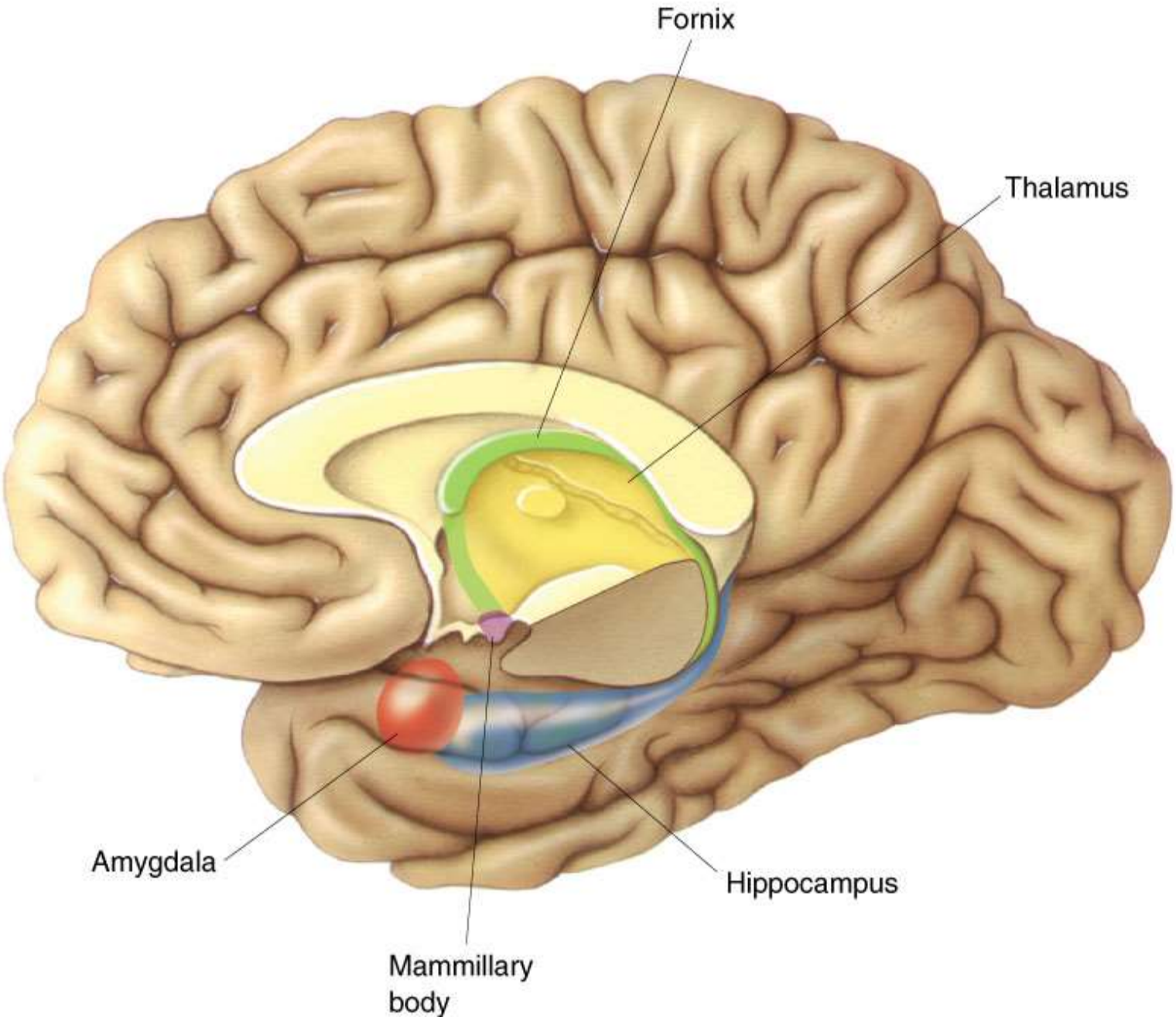
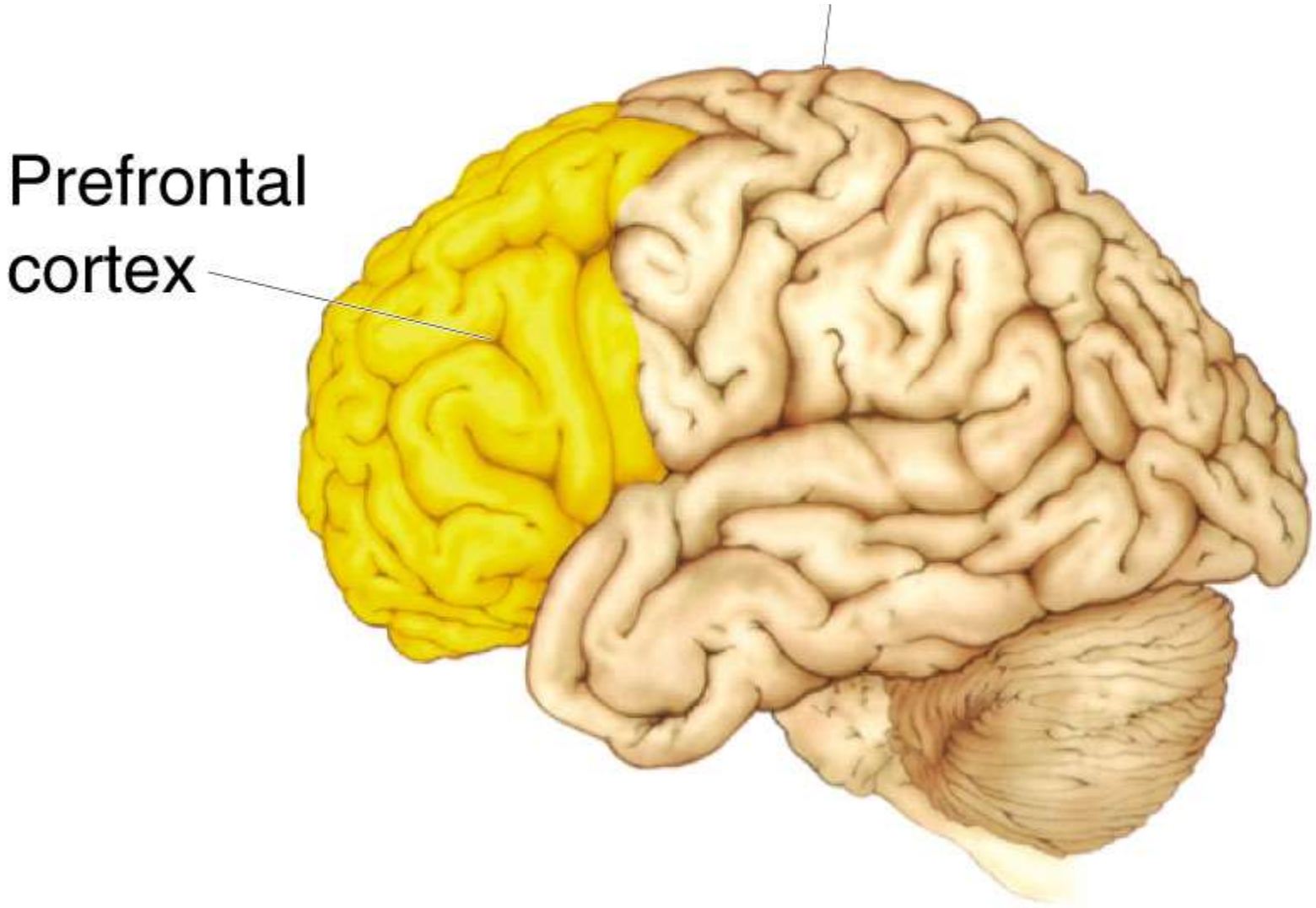


Figure 23.21
Prefrontal cortex. The prefrontal cortex at the rostral end of the frontal lobe receives afferents from the medial dorsal nucleus of the thalamus.

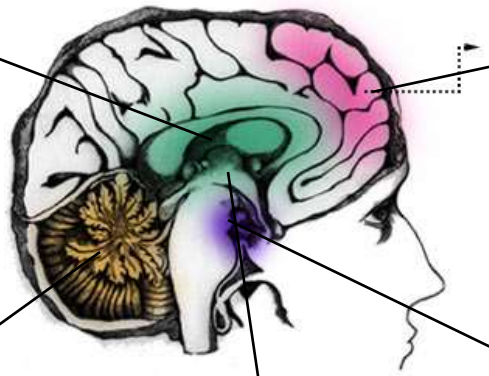


Adolescent Brain

Corpus Callosum

*Connects Hemispheres

*Creativity & Problem Solving



Frontal Cortex—"*CEO*"

*Planning, Strategizing, Logic, Judgment

Cerebellum

*Coordinates muscles/ movement

*Coordinates thinking processes

Amygdala

*Emotional and gut responses; fear and anger

*Used more intensely in Adolescents

Hippocampus

*Forms Memories

*Coordinates thinking processes

PBS--Frontline: *Inside the Teenage Brain*

Brain development facts

- **Age 0-2 brain triples in size and weight, and creates a mass of connections between neurons**
- **During 18-24 months, the brain starts restructuring**
- **Child starts to acquire new skills**

Adolescent Brain Change #1

- Neural connection growth spurt during puberty, peaking at age 11 (F) and age 12 (M)

Very young years

- **Brain development occurs in 2 basic stages– growth spurts/overproduction of neurons and pruning**
- **Critical phases:**

overproduction

0-3 years

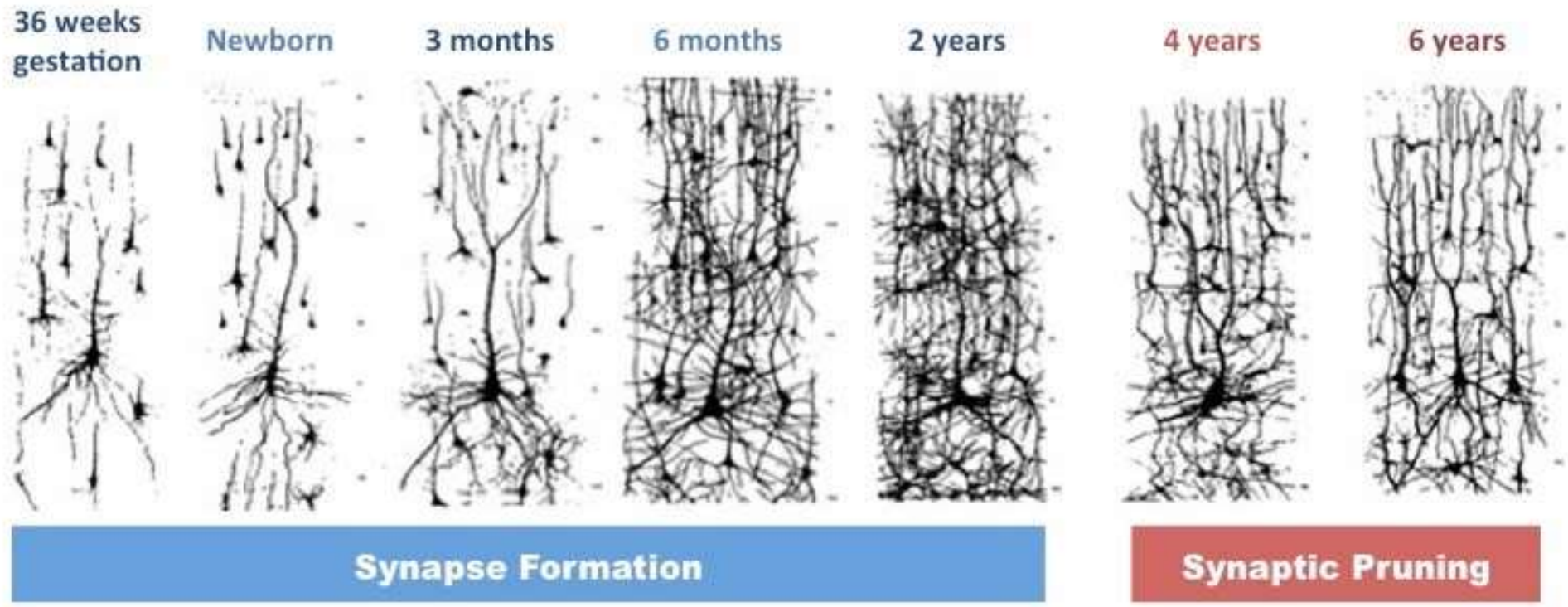
10-13 years

Overproduction results in significant increase in the number of neurons and synapses

Exuberant growth during these phases gives the brain enormous potential

Brain development facts

- **Then comes the period of terrible teens**
- **Neural connections grow at a rapid rate and some connections are removed, due pruning**
- **What does this lead to:**
  - **Erratic behaviour**
  - **Mood swings**
  - **Disorganization**
  - **Lack of emotional control**

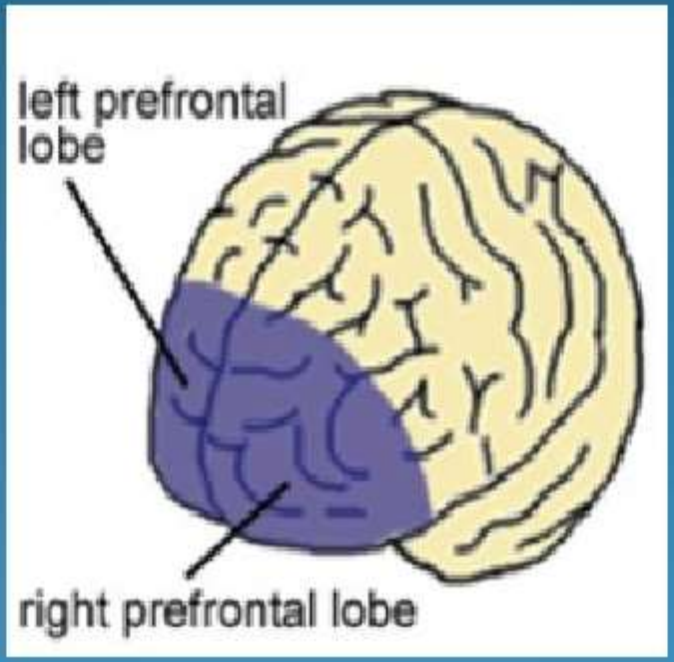


Synaptic pruning

What is the purpose of pruning?

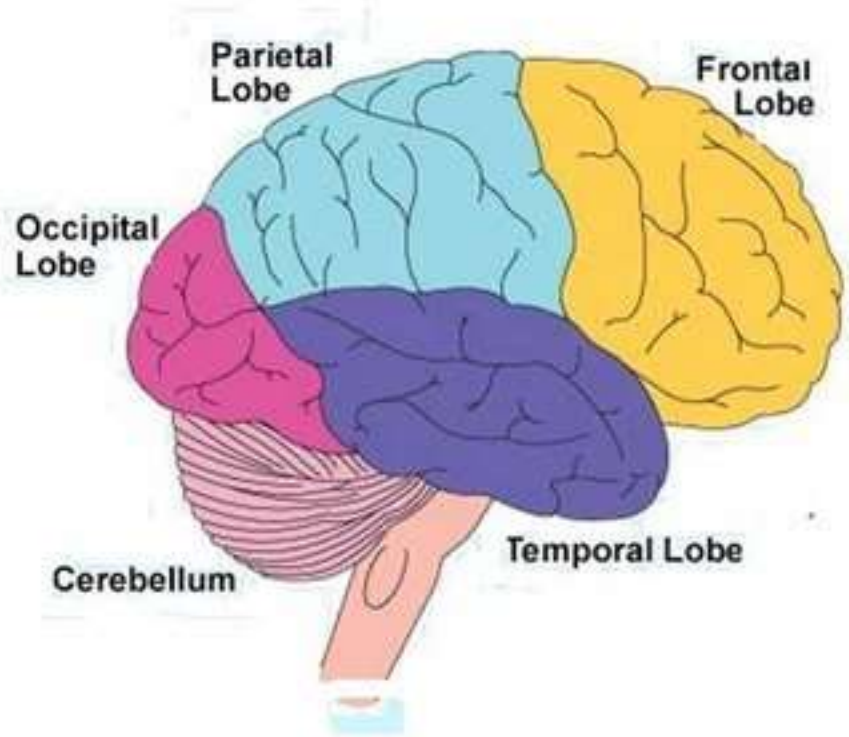
- **Improve efficiency of brain functioning**
- **How? Myelination of neurons**
- **What does it do… Speed of impulse transmission is increased by a factors of 100 times**
- **Myelination continues until 25 years of age**

Prefrontal Cortex: Executive Functioning



- Reasoning, Decision making, Problem Solving, Creative Thinking, Goal Setting, Prioritizing, Judgment, Planning, Organization, Self-Control, Impulse Inhibition, Emotional Control, Understanding Cause and Effect

Executive Functioning



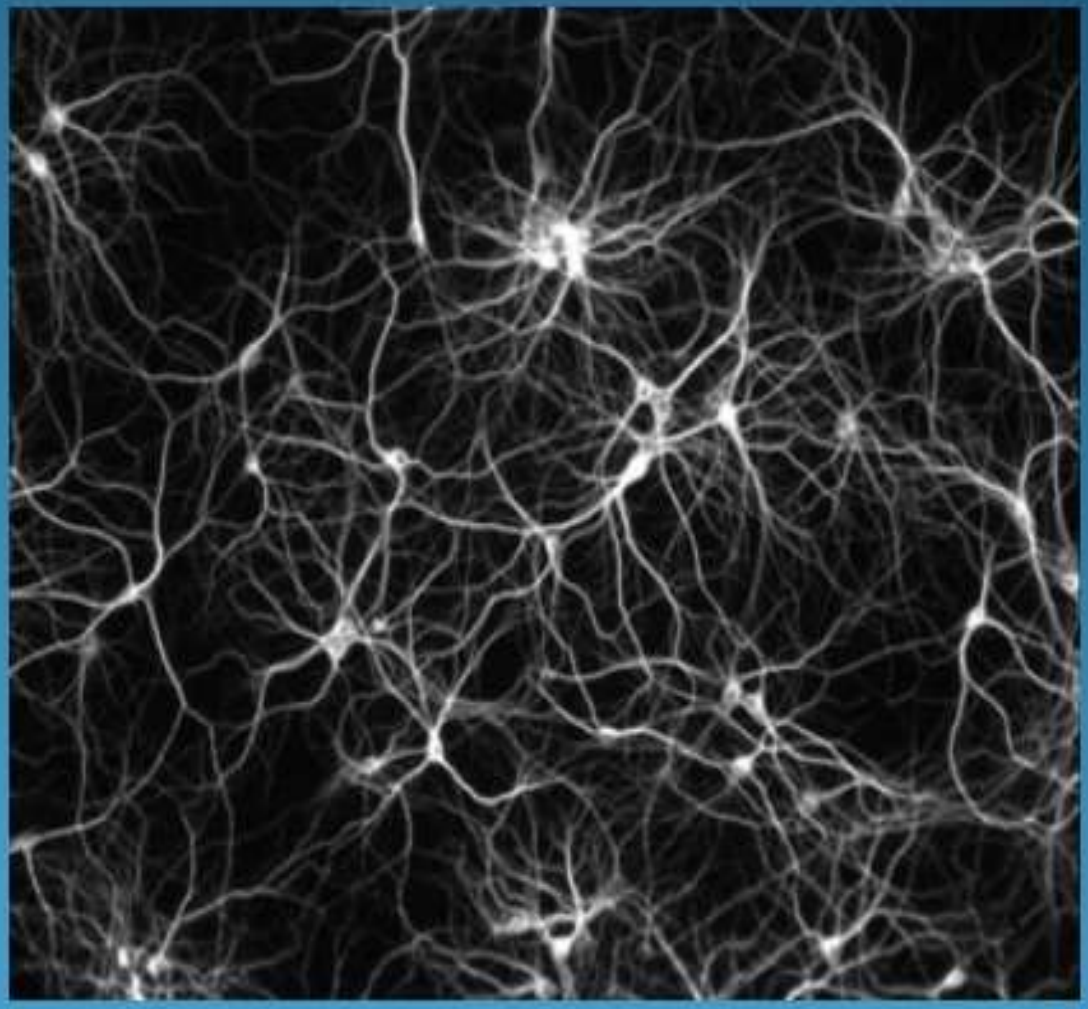
Frontal lobe is responsible for much of the executive functioning of the brain.

These functions include:

- Attention
- Working memory
- Planning, organizing
- Forethought
- Impulse control

Neural Connections

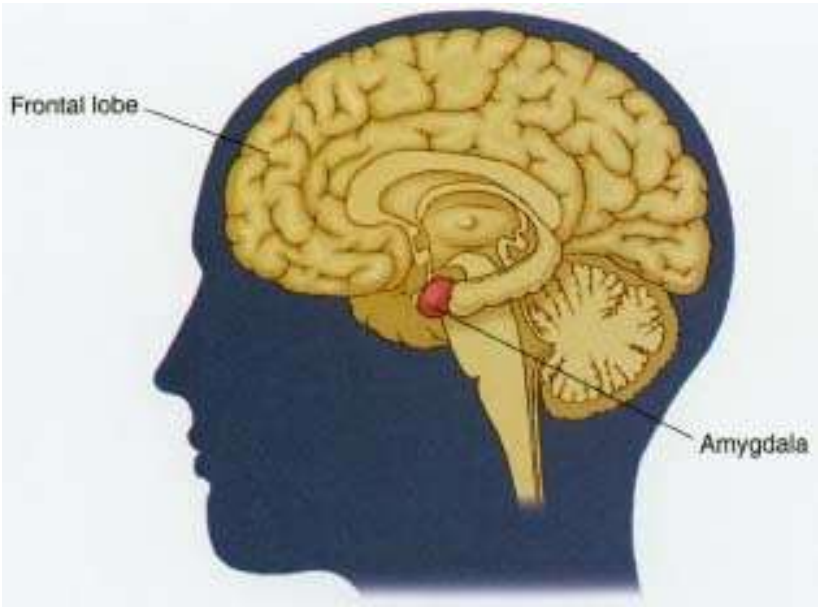
- Every fact we know, every idea we hold, every action we take IS a network of neurons in our brain.



Adult Vs. Teen Brain

- Most of the activity in the adult brain is in the frontal lobe
  - Thinking, reasoning, planning
- Most of the activity in the teen brain is focused in the center
  - Pleasure reward center

Amygdale: Seat of emotions



Adolescents use the **Amydala** (fight or flight response) rather than the **Frontal Cortex** (used by older adults) to read emotions

Deborah Yurgelun Todd McLean Hospital Belmont, Mass (2004)

Emotions and health

Emotional states and immunity

- **Negative emotional states are associated with unhealthy physical states.**
- **Positive emotional states associated with healthier states.**
- **Cardiovascular and immune systems.**
- **S-IgA = secretory immunoglobulin A (First line of defense in the immune system)**

Emotion and environment

- **Positive emotional states signal a safe environment.**
- **Negative states signal an alert.**
- **Something is wrong and must be corrected.**
- **Function of pain.**
- **It hurts; get help.**

Understanding emotions

- **Recognizes what events are likely to trigger different emotions**
- **Knows that emotions can combine to form complex blends of feelings**
- **Realizes that emotions can progress over time and transition from one to another**
- **Provides a rich emotional vocabulary for greater precision in describing feelings and blends of feelings**

Using emotions

- **The capacity to generate and feel an emotion in order to focus attention, reason, and communicate.**
- **The capacity to use emotion to influence cognitive processes such as decision making, deductive reasoning, creativity, and problem solving.**

Managing emotions

- **Stay open to feelings**
- **Blend emotions with thinking**
- **Reflectively monitor emotions**

Emotional contagion

We can make emotional contagion work in our favor

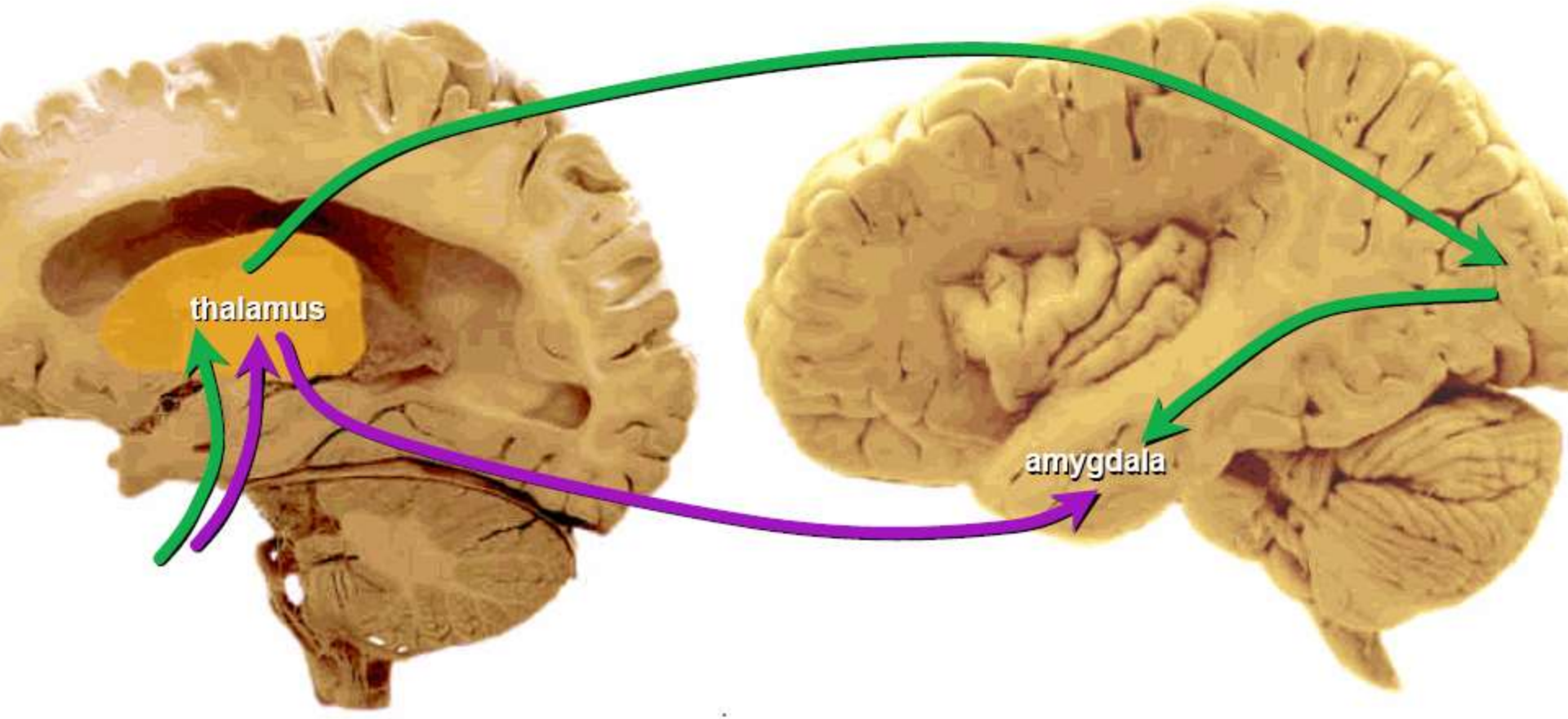
Are we acting wisely in our social interactions?

A paradox of our times

We have become very competent when it comes to technology, but inadequate when dealing with others around us!

When we experience amygdala Hijack….

nygdala two ways to get the

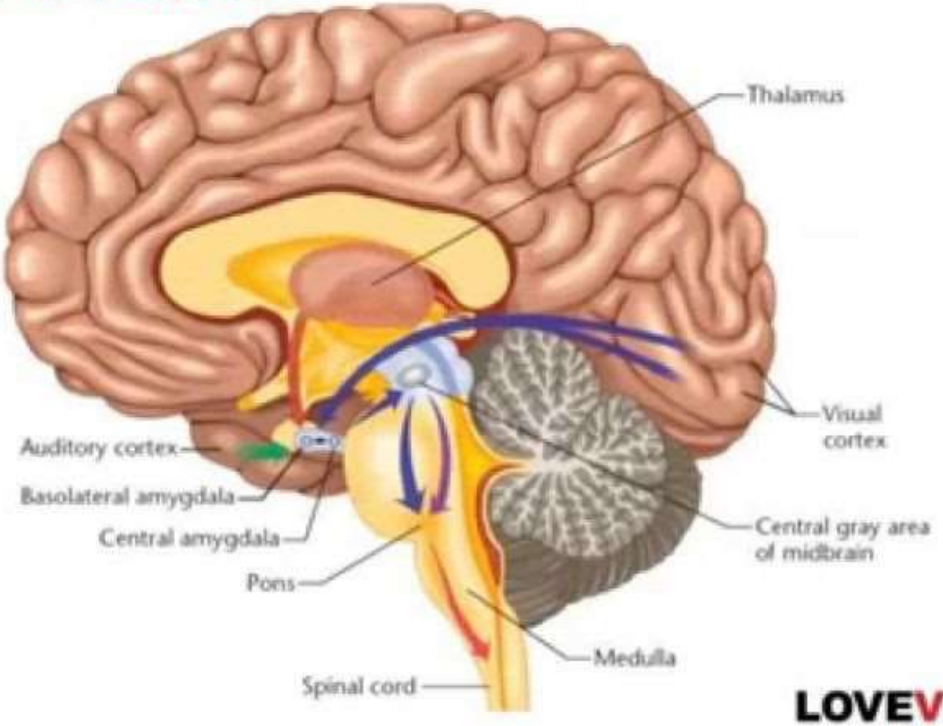


low road: thalamus to amygdala

high road: thalamus to sensory cortex to amygdala

HOW AMYGDALA HIJACKING HAPPENS

- The stimuli goes directly to thalamus and it then goes right to amygdala before a signal reaches the neocortex to process.
- This survival mechanism lets us react to things before the rational brain has time to mull things over.



LOVEVFEAR
YouTube

We shoot first and ask questions later....

Conscious vs. unconscious decision-making

Our brain makes only 5% conscious decisions and the balance is unconscious.
Brain's unconscious segment processes 11 million bits per second. Conscious mind works at a much slower rate of 40 bits per second.

Conscious vs. unconscious decision-making

7-10 seconds before a person makes a decision, the subconscious mind has already done it.

A gut feeling is the product of that subconscious decision.

Conscious vs. unconscious decision-making

Subconsciously, the brain calculates 68 thousand decisions and calculates several things:

- **How rewarding a decision is likely to be**
- **How punishing an option is going to be**
- **What are emotions stored in the mind in relation past experiences related to the option**

The brain then assigns a value to these decisions.

Emotional valence is determined by amygdale.