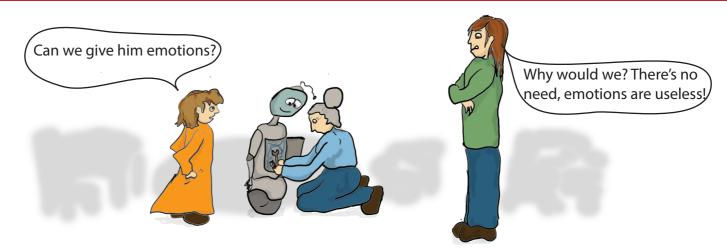


Use and Control of Emotions







So you see, emotions have great value for our survival. It's useful because it helps us to avoid danger by modifying our reactions such as cardiac rhythm, and actions: living in a group instead of



An emotion always creates a physical reaction, that's what separates emotions from feelings. 6 basics emotions were described by Paul Ekman. In his research, he stretched and warped an individual's face muscles to create fake emotions. He then presented these emotions to see if anyone could recognize them. Later on, another researcher, Jaak Panksepp described what these basic emotions aimed to achieve:

Anger: to give energy to tackle an obstacle or a challenge

Disgust: to take distance from bad situations or people

Fear: to flee from danger

Joy: to better integrate ourselves into a group

Sadness: to enable us to integrate into a group (again)

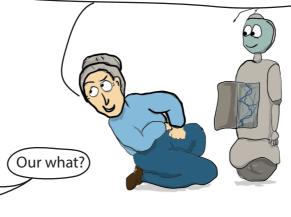
Surprise: to be prepared for an unknown event

These reactions are useful, but in certain contexts they are less desirable

Yes, emotions can blur our judgment!
It's important that we use reason and logic.

Don't be fooled, emotions are integrated in our decision making system. Now, with Robi, I think I need to program him to be better and smarter, so that he can help you girls improve your better to improve your emotional skills.





^{*} Final Fantasy XV : a video game

You know, darlings:

IdentifyTo learn to identify, use, express, understand and regulate your emotions, in order to behave appropriately and effectively to each situation!, use, express, understand and regulate your emotions

An emotion is identified by the following components: cognitive, physiological and motivational.

To express Give yourself some time to express the emotion and then...

Express your emotions here, and then get to work on your dissertation. Later on, you

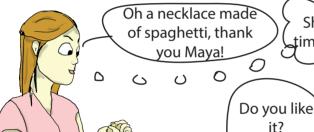


"heart beating quickly, big smile and walking in circle = huge joy": these are paraverbal (non verbal) information that identical across

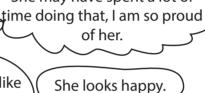
> Should I remind him about his dissertation?



To use express your emotions to create social link.



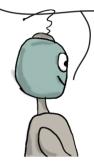
She may have spent a lot of



To understand



Think of how stressed you will be tomorrow if you don't work now and only have fun So?





Now Robi, few tips to help them modify their emotional state.

it?



If you can identify an emotion, express it and understand it, then this will make life a bit easier. Emotions are natural, and they are useful for us! However, emotions should be short-live. If they last more than few seconds then you can intervene and take control of your emotions.

There are 3 components you can use to learn to deal with your emotions: cognitive, physiological and motivational.

For example, you can:

- Cognitive: Take another point of view: what is positive or negative in the situation?
- Physiological: Control your emotional reaction: breathe, meditate, relax
- Motivational: Think and Revive in your head positives moments to compensate for a negative biological response.

Authors: Adeline Lucchesi - Roselyne Chauvin - Illustration: Roselyne Chauvin - Editor: Jeroen van Baar - Nietzsche Lam Reviewers: Adeline Lucchesi - Caroline Saunier - Antoine Danielou - Romain Rouyer - Jessica Massonié Main references:

- Mikolajczak, M., Quoidbach, J., Kotsou, I., & Nelis, D. (2009). Emotional skills. Dunod.
- C'est pas sorcier 2006. Joie, peur, tristesse, colère ... que d'émotions!
- Ekman, P. (1992). An argument for basic emotions. Cognition & emotion

