

## Emotions and memory Episode 1: Best and worst of emotions

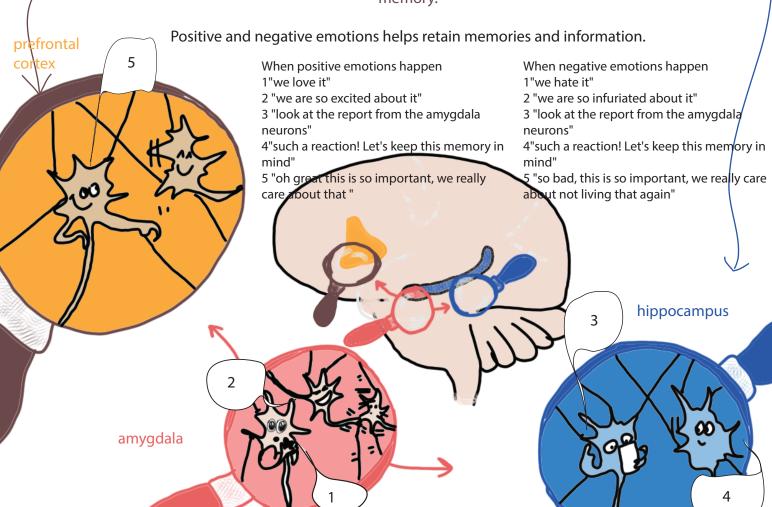




When we want to memorise something, emotions can help to strengthen a particular memory if the emotion is related to the information being memorised.

The association between emotions and memory can take place when the amygdala, one of the main emotion areas in the brain, works together with the hippocampus, one of the key brain regions \ involved in memory. Thus the sharing of information between these two brains regions is what forms the basis of strengthening a strengthen memory.

The amygdala also exchanges emotional information with the prefrontal cortex, a brain area that has multiple functions such as working memory, attention, and helping to store memory. The prefrontal cortex can help attend to and interpret (emotional) information, and thereby also enhance the memory.



However, when emotions are distracting us from the information at hand, then these emotions can impair our memory of an event. For instance, when you are stressed or have just received some extremely good news, it may be hard to stay focused and concentrated on memorising information for a test. As the brain can't always simply divide its resources. (Tam not your friend anymore! 33 8+47 Neurons, we are dealing with too But we have so much to do, please leave this many inputs here new event and try to work with us bro. for this task. We are overloaded. What? Are we multitasking again? We need to switch our focus AWAY from the sad event Kind of, it's because neurons in and regain our focus on this I can't help it, I feel so emotionally over addition to the main task have test so that we can store the whelmed right now, I don't' know how to to deal with the emotional necessary information to coordinate workload with you guys. event that is happening pass the test tomorrow. ... No. I will make up for it. What Well sorry, sis! are you studying? Grrr, world capitals Leave me alone, bro! locations. Do you know the capital twister? No of course not, I just made it up. HA HA HA HA Not this way, it's over here. HA HA Left hand on Copenhagen. HA HA What? Aaahh! Here So, Maya, where is Copenhagen? Great! See how emotions can help strengthen memory but only when they help you to engage with the subject of study. Redaction - Illustratie: Roselyne Chauvin / Editing: Adeline Lucchesi - Sophie Akkermans - Ella Bosch - Linda de Voogd - Lara Todorova - Jill Naaijen / Main references: Personality and Memory - Yuta Katsumi, Ekaterina Denkova and Sanda Dolcos, From V. Zeigler-Hill, T.K. Shackelford (eds.), Encyclopedia of Personality and Individual Differences

Dolcos, F., Wang, L., and Mather, M. (2015). Current Research and Emerging Directions in Emotion-Cognition Interactions (Frontiers Media SA).