

# LA CURA DEL BENESTAR EMOCIONAL DURANT ELS ESTUDIS DE DOCTORAT

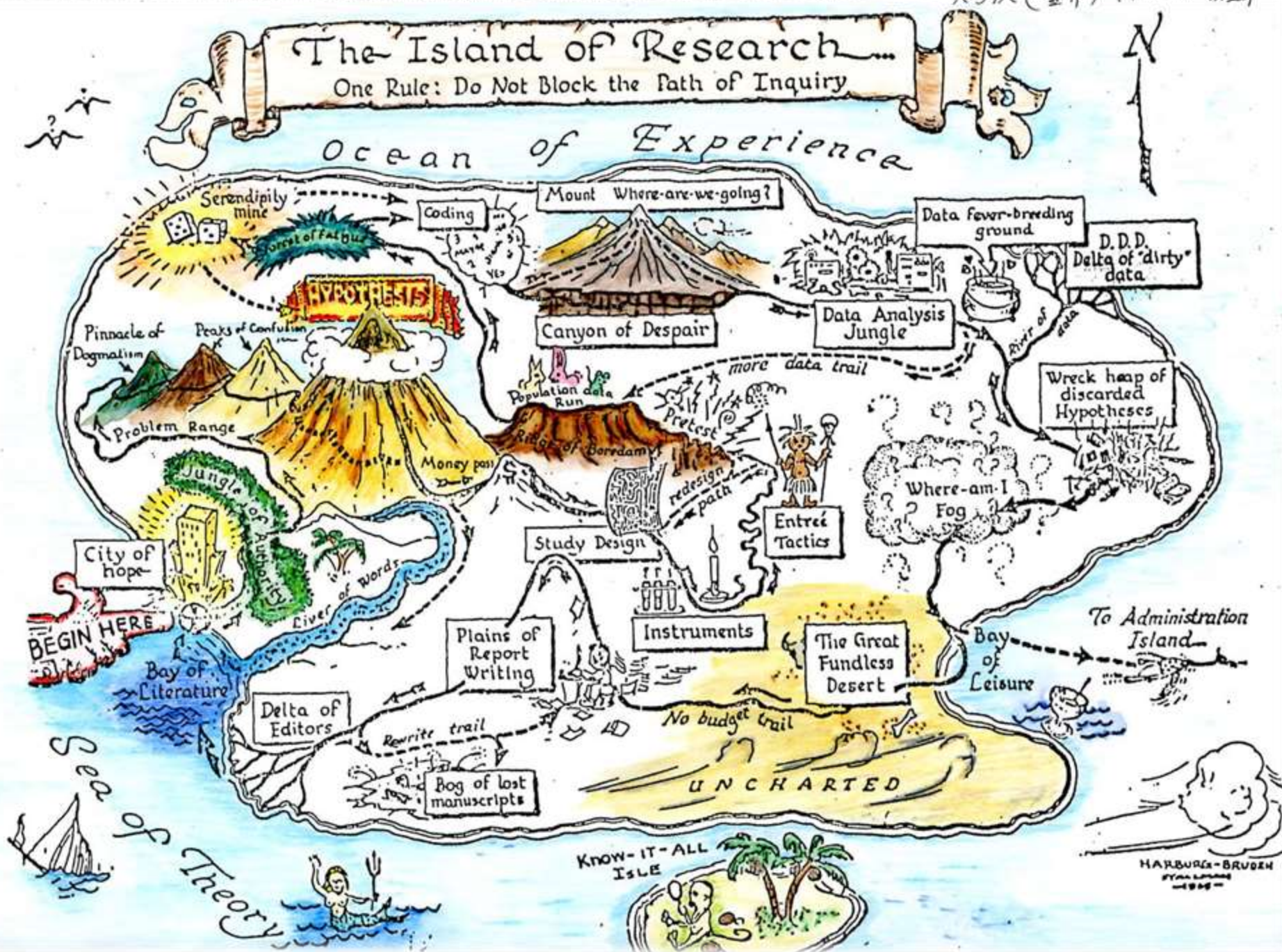
*COM COMPENDRE LES EMOCIONS,  
ESDEVENIR CONSCIENTS DE LES MATEIXES I  
REGULAR-LES DE MANERA ADAPTATIVA*

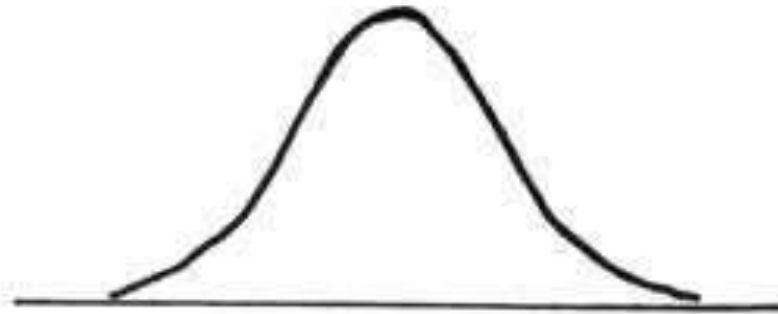
**Jornada de Doctorat 2024**

**Escola de Doctorat**

Agnès Ros Morente

6 de març de 2024





NORMAL DISTRIBUTION



PARANORMAL DISTRIBUTION

*Fredman.*

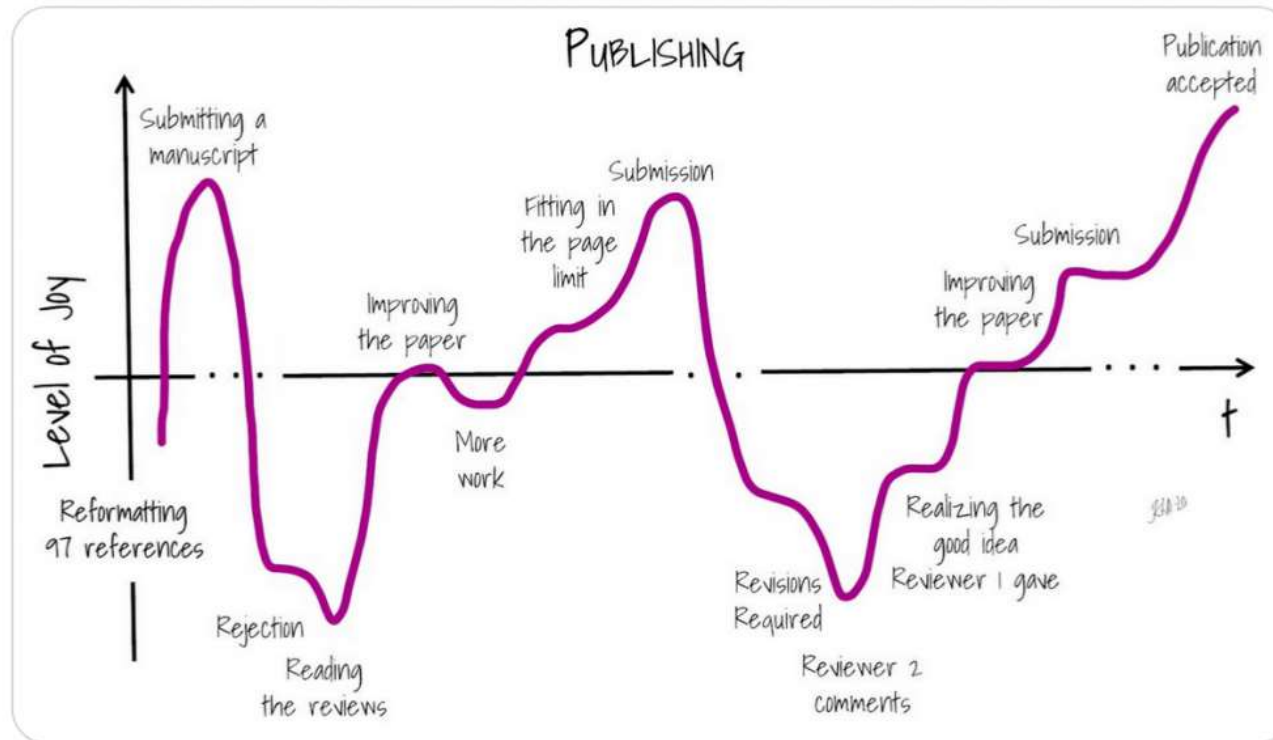


**Katja Hölttä-Otto**  
@HolttaOtto

...

## The emotional rollercoaster of writing an academic paper. [#AcademicTwitter](#) [#AcademicChatter](#)

[Käännä twiitti](#)



# DE QUIN “MAL” PATIM?

- 23% de depressió i 20% d'ansietat entre els estudiants de doctorat (Liu et al., 2022; Satinsky et al., 2021).

*Població general → trastorn depressiu: 4.1%; trastorns per ansietat: 6.7% (Ministeri de Sanitat d'Espanya, 2022).*

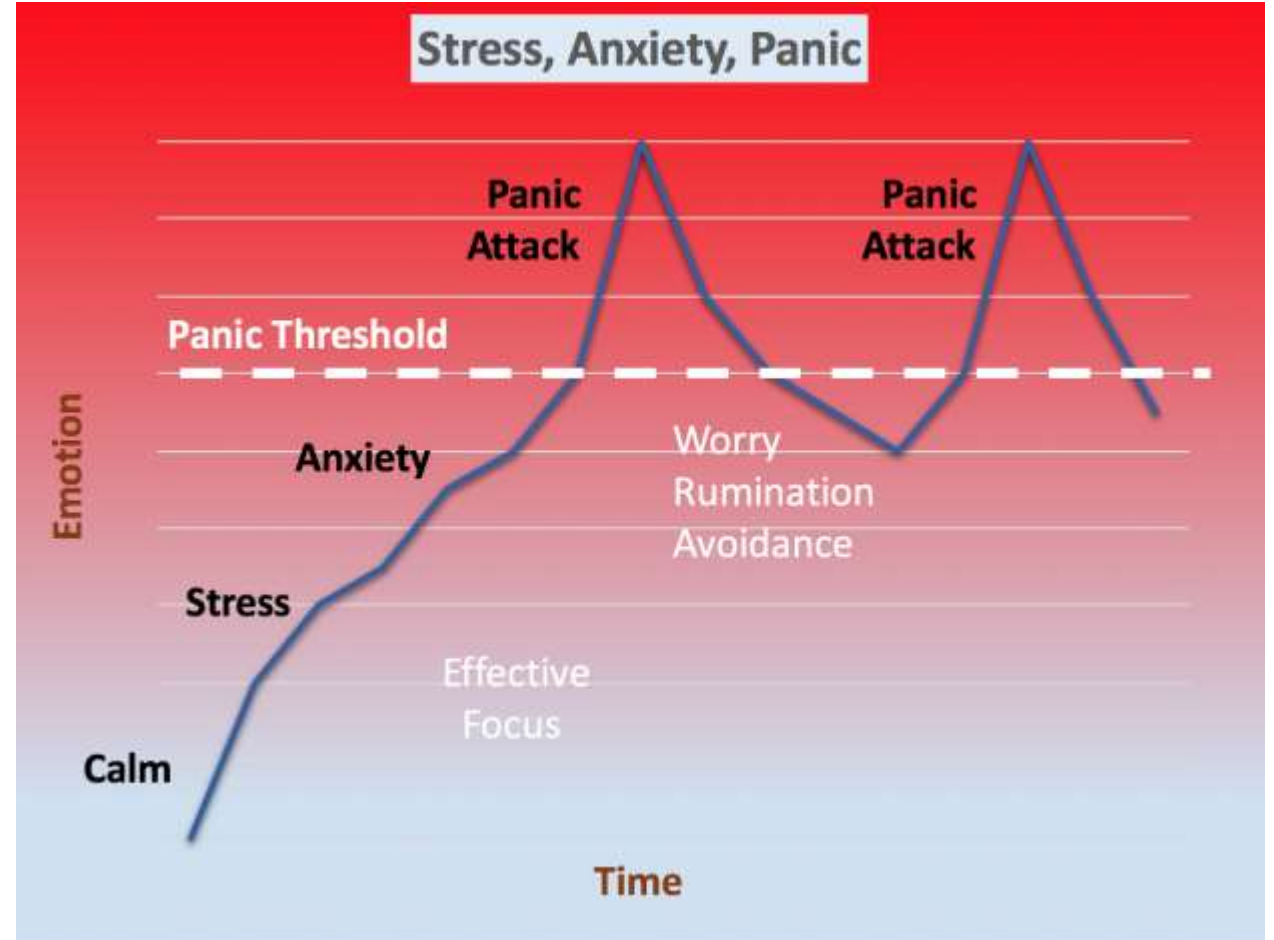
- El 40% de l'alumnat estudiant de doctorat necessita ajuda o assessorament psicològic abans d'un any (Estupiñá i Larroy, 2021).
- Insatisfacció en l'estudiantat de doctorat (60% dels estudiants) i esgotament emocional (80%) (Sorrel et al., 2020).

# RESULTATS EN EL LLENGUATGE DE SALUT MENTAL

La relació entre situacions estresants i trastorns mentals és innegable...

Però... i si estem al llindar?

(detecció de senyals)



# RESULTATS EN TERMES DE SALUT MENTAL

La relació entre situacions estressants i trastorns mentals és innegable...

Però... i si estem al llindar?









# L'ESTIGMA DE LES EMOCIONS



Expressió emocions=histèria



Expressió emocions=poca virilitat

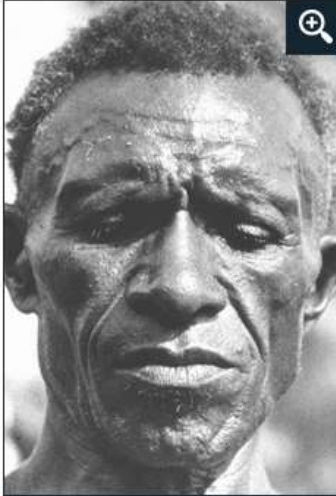


Anger

Sadness

Disgust

Happiness

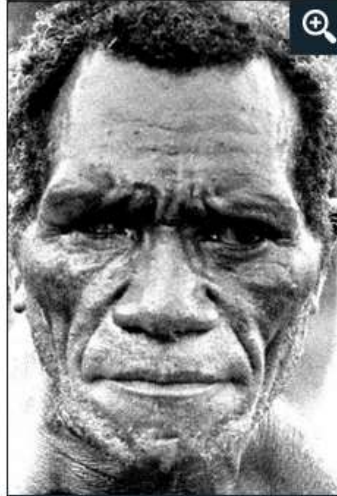


Anger

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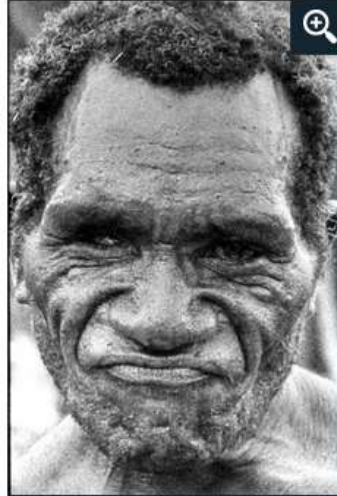


Anger

Sadness

Disgust

Happiness



Anger

Sadness

Disgust

Happiness

Review

## A neuro-cognitive process model of emotional intelligence

Ryan Smith<sup>a,b,\*</sup>, William D.S. Killgore<sup>a</sup>, Anna Alkozei<sup>a</sup>, Richard D. Lane<sup>a</sup>



<sup>a</sup> Department of Psychiatry, University of Arizona, Tucson, AZ, USA

<sup>b</sup> Laureate Institute for Brain Research, Tulsa, OK, USA

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### ARTICLE INFO

#### Keywords:

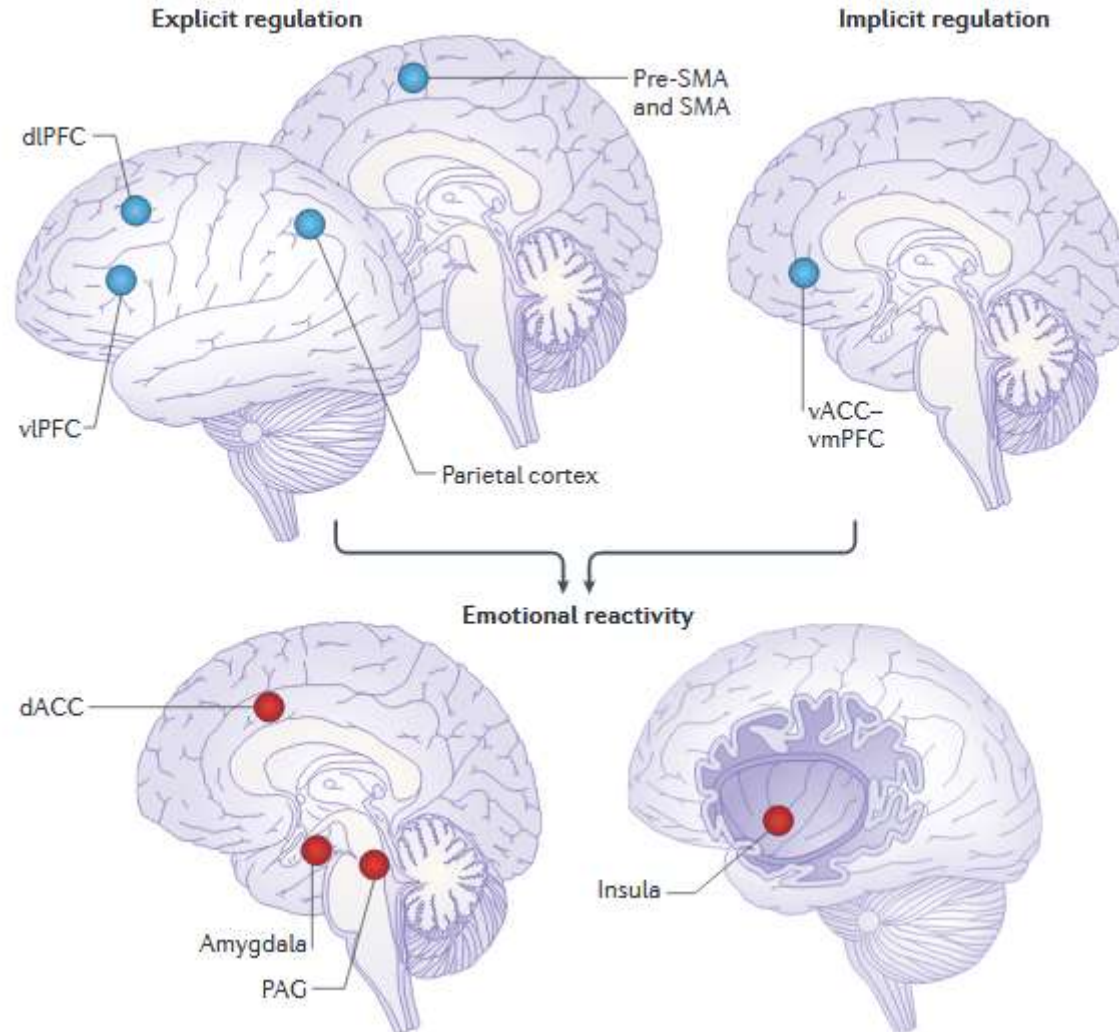
Emotional intelligence  
Neural systems  
Emotion perception  
Emotion regulation  
Emotional awareness  
Predictive coding  
Active Inference

### ABSTRACT

The construct of emotional intelligence (EI) broadly reflects the idea that individuals differ in their disposition/ability to adaptively generate, recognize, understand, and regulate the emotions of self and others. However, while the neural processes underlying such differences have begun to receive investigation, no brain-based model of EI has yet been proposed to help guide the design and interpretation of neuroimaging research in this area. In this article, we propose a neural model of EI to fill this need. This model incorporates recent insights from emotion theory, computational neuroscience, and large-scale network models of brain function. It also highlights several domain general processes – including those underlying conceptualization, automatic attention, habit formation, and cognitive control – that offer plausible targets for improving EI with training. Our model offers considerable promise in advancing understanding of intelligent emotional functioning and in guiding future neuroscience research on EI.

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# Regulació implícita o explícita...?



# ESTRATÈGIES NO ADAPTATIVES

- Aïllament social
- Pensament desideratiu (les coses aniran millor si no faig res)
- Ruminació
- Crítica excessiva a un mateix
- Atribució interna de la culpa
- Negació
- Agressivitat
- Comparació amb l'altri

# ESTRATÈGIES PER REGULAR LES EMOCIONS

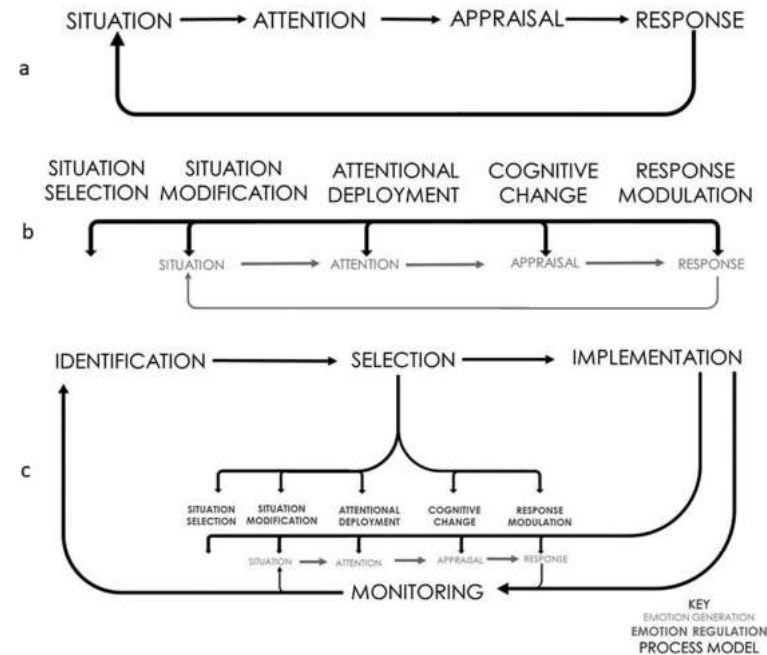


Figure 1. A sequential model of emotion generation (a), the five families of strategies that can be used to regulate emotions, organized by the stage of emotion generation in which they first intervene (b), and the process model of emotion regulation, outlining four stages by which emotion regulation strategies are enacted (c). Figures are modified from Uusberg et al. (2019). Feedback arrows indicate that all three stages are constantly iterating cycles.

# EMOTIONAL REGULATION PROCESS

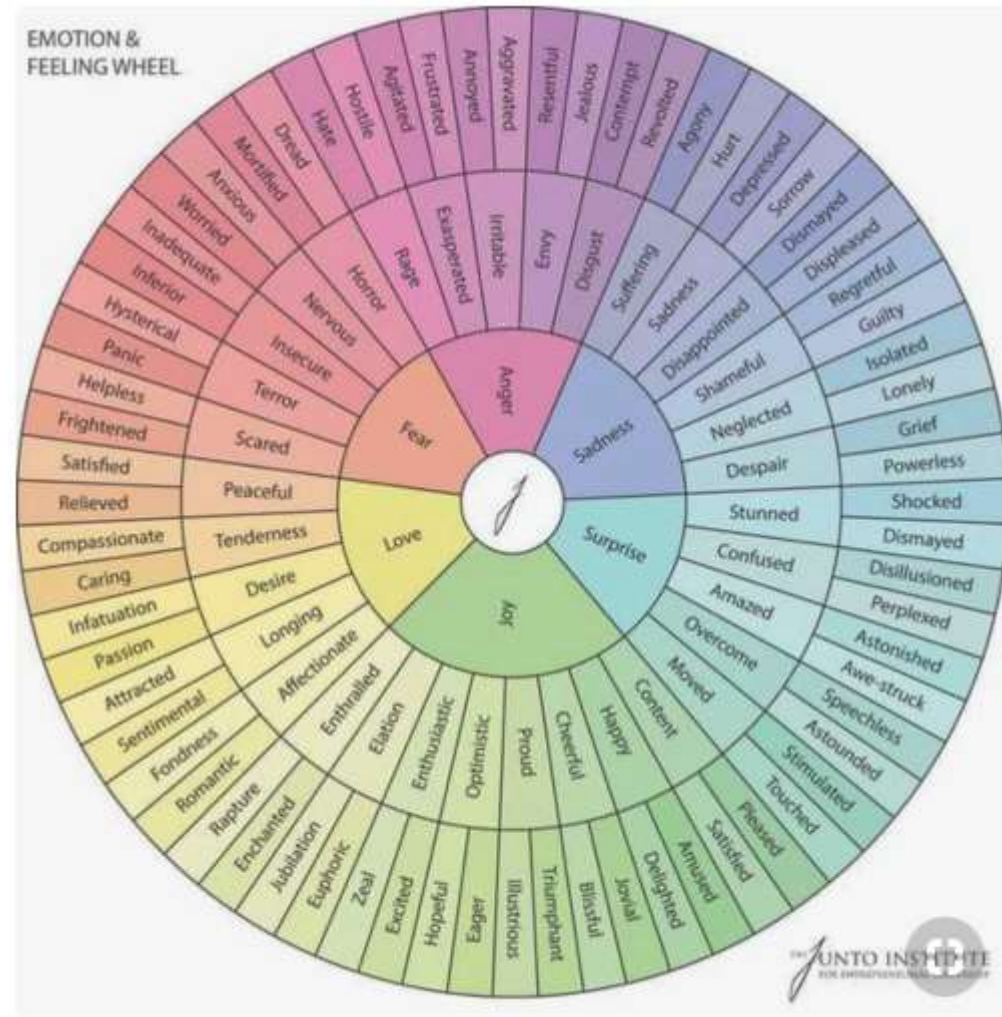




UN EXERCICI DE TRES MINUTS...



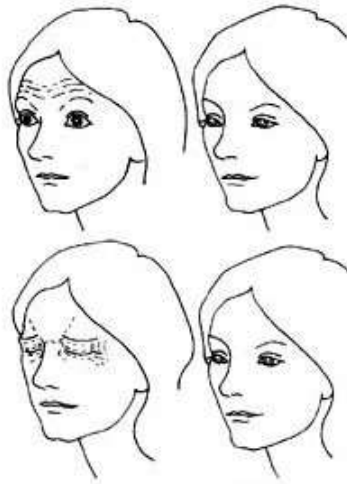
# DESENVOLUPAMENT DEL VOCABULARI EMOCIONAL



# RELAXACIÓ DE JACOBSON



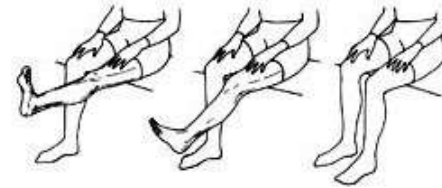
STARTING POSITION



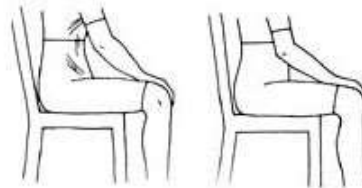
FACE



FOREARMS



LEGS



ABDOMEN

# HOW TO REFRAME NEGATIVE SELF TALK

IF YOU THINK THIS:

TRY THINKING THIS:

I CAN'T DO THIS.  
IT'S TOO HARD.

I CAN DO THIS BY BREAKING IT  
DOWN INTO SMALLER STEPS.

THEY ARE DOING BETTER  
THAN ME. I'M A FAILURE.

I ADMIRE THEIR SUCCESS.  
WHAT CAN I LEARN FROM THEM?

I HATE MY BODY  
+ THE WAY I LOOK.

MY APPEARANCE DOES NOT  
DEFINE MY WORTH. MY BODY  
LETS ME DO THE THINGS I LOVE.

I SHOULD BE FURTHER ALONG  
IN MY LIFE BY NOW.

I AM ON MY OWN JOURNEY.  
WHAT CAN I DO TODAY TO  
MOVE CLOSER TO MY GOALS?

I'M SO STUPID. I SHOULDN'T  
HAVE MADE THAT MISTAKE.

I WAS DOING THE BEST I COULD  
AT THE TIME. WHAT CAN I DO  
DIFFERENTLY IN THE FUTURE?

... I EN EL PROCÉS DE DOCTORAT?

# INDEFENSIÓ APRESA



Selligman (60s)

GRÀCIES A TOTHOM!!... I CONTINUEM!

