

LA CURA DEL BENESTAR EMOCIONAL DURANT ELS ESTUDIS DE DOCTORAT

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

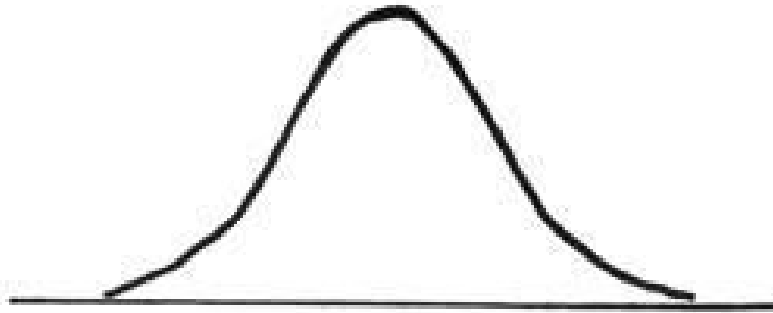
Jornada de Doctorat 2023

Escola de Doctorat

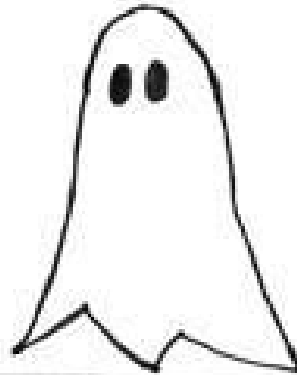
Agnès Ros Morente

1 de març de 2023





NORMAL DISTRIBUTION



PARANORMAL DISTRIBUTION

Franco

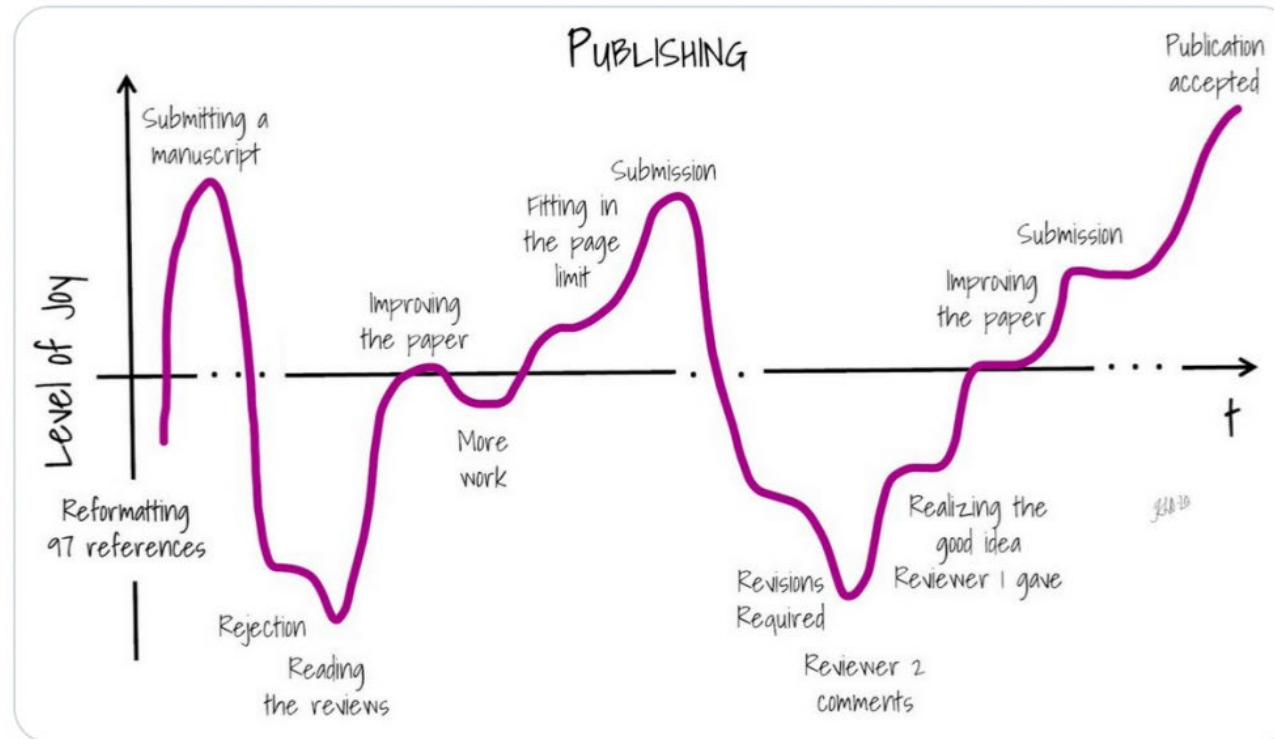


Katja Hölttä-Otto
@HolттаOtto

...

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

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RESULTATS EN TERMES DE SALUT MENTAL

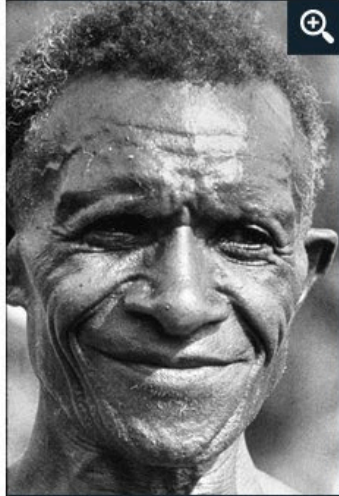
La relació entre situacions estressants
i trastorns mentals és innegable...

Però ... i si estem al llindar?







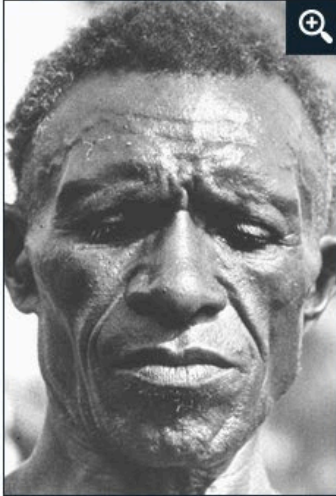


Anger

Sadness

Disgust

Happiness

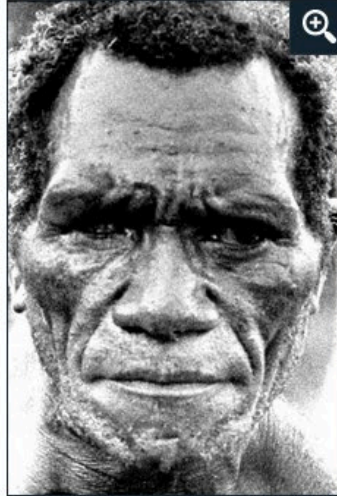


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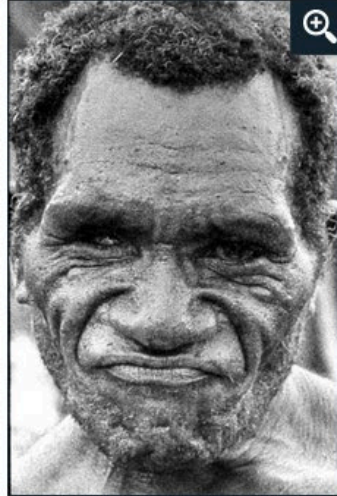


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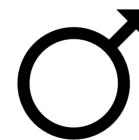
Disgust

Happiness

L'ESTIGMA DE LES EMOCIONS



Expressió emocions=histèria



Expressió emocions=poca virilitat

Review

A neuro-cognitive process model of emotional intelligence

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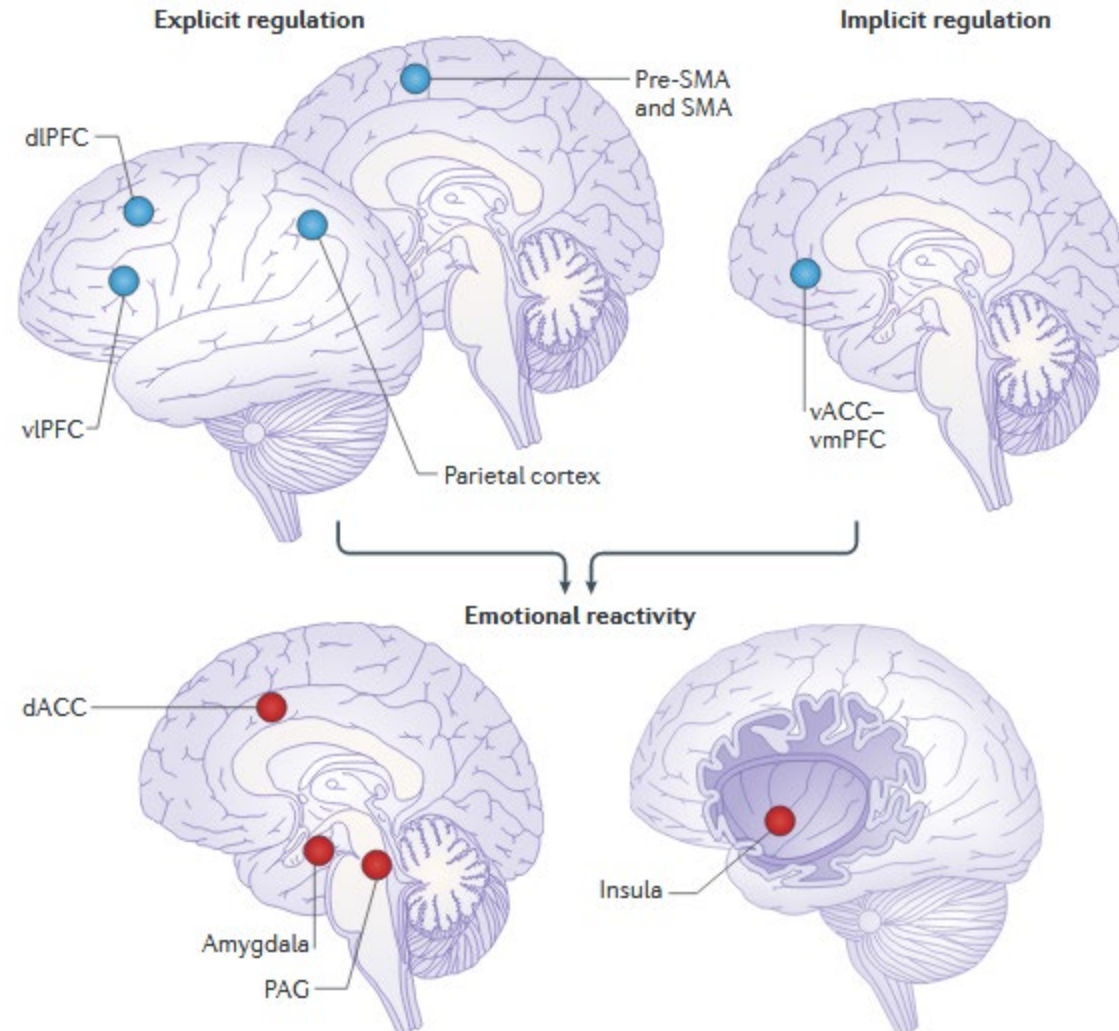
Keywords:

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.

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

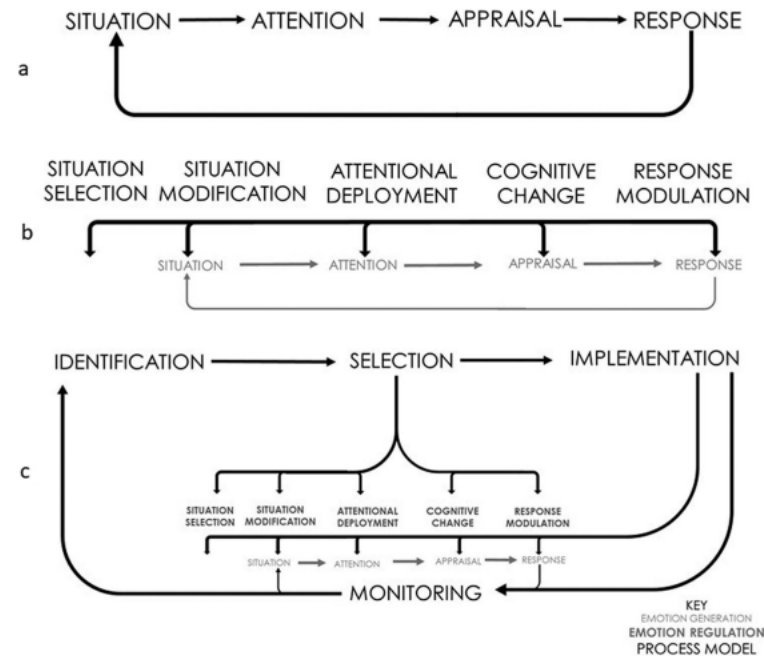
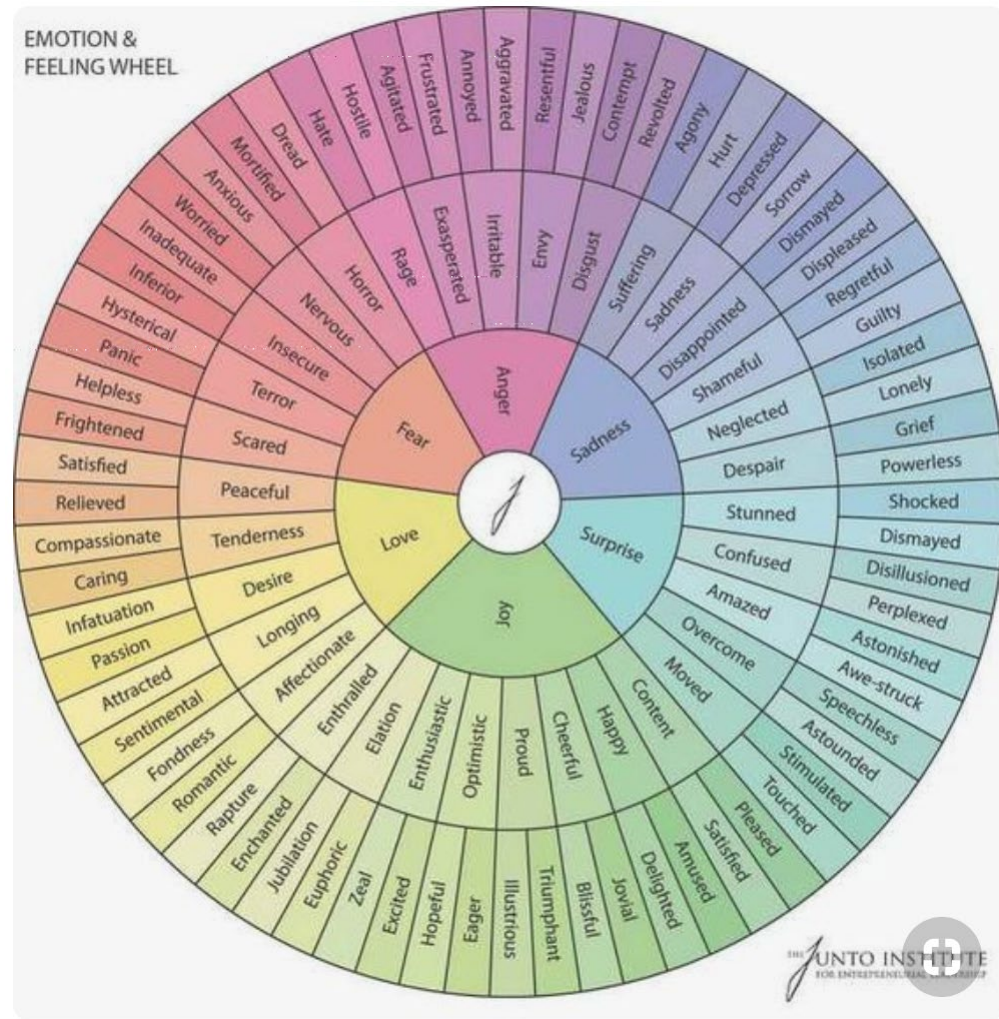


Figure 1. A sequential model of emotion generation (a), the five families of strategies that can be used to regulate emotions, organized by the stage of emotion generation in which they first intervene (b), and the process model of emotion regulation, outlining four stages by which emotion regulation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

UN EXERCICI DE TRES MINUTS...



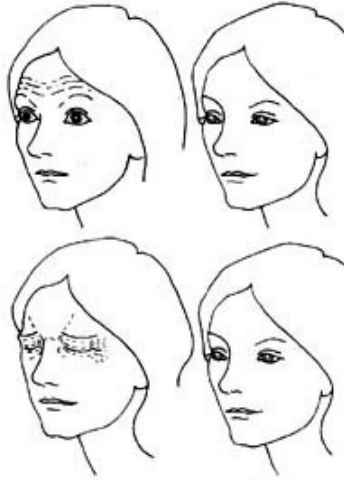
DESENVOLUPAMENT DEL VOCABULARI EMOCIONAL



RELAXACIÓ DE JACOBSON



STARTING POSITION



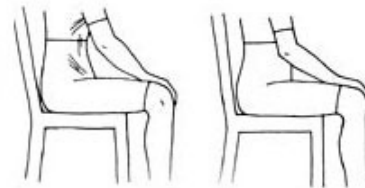
FACE



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!

