EMOTIONAL WELLBEING DURING THE PHD

HOW TO UNDERSTAND EMOTIONS, BECOMING AWARE OF THEM AND MANAGING THEM IN AN ADAPTATIVE WAY

Jornada de Doctorat 2023
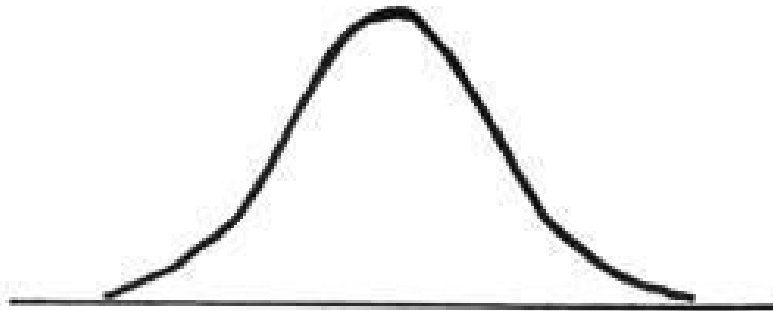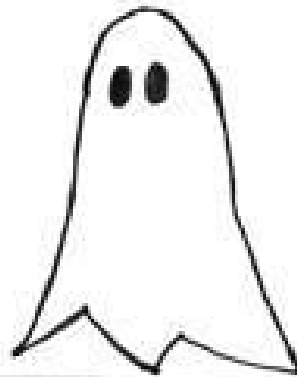**Escola de Doctorat**

Agnès Ros Morente
agnes.ros@udl.cat
1 de març de 2023

The Island of Research

One Rule: Do Not Block the Path of Inquiry

Neil Agnew and Dandra Pyke. Prentice-Hall, Englewood Cliffs (1969)

NORMAL DISTRIBUTION

PARANORMAL DISTRIBUTION

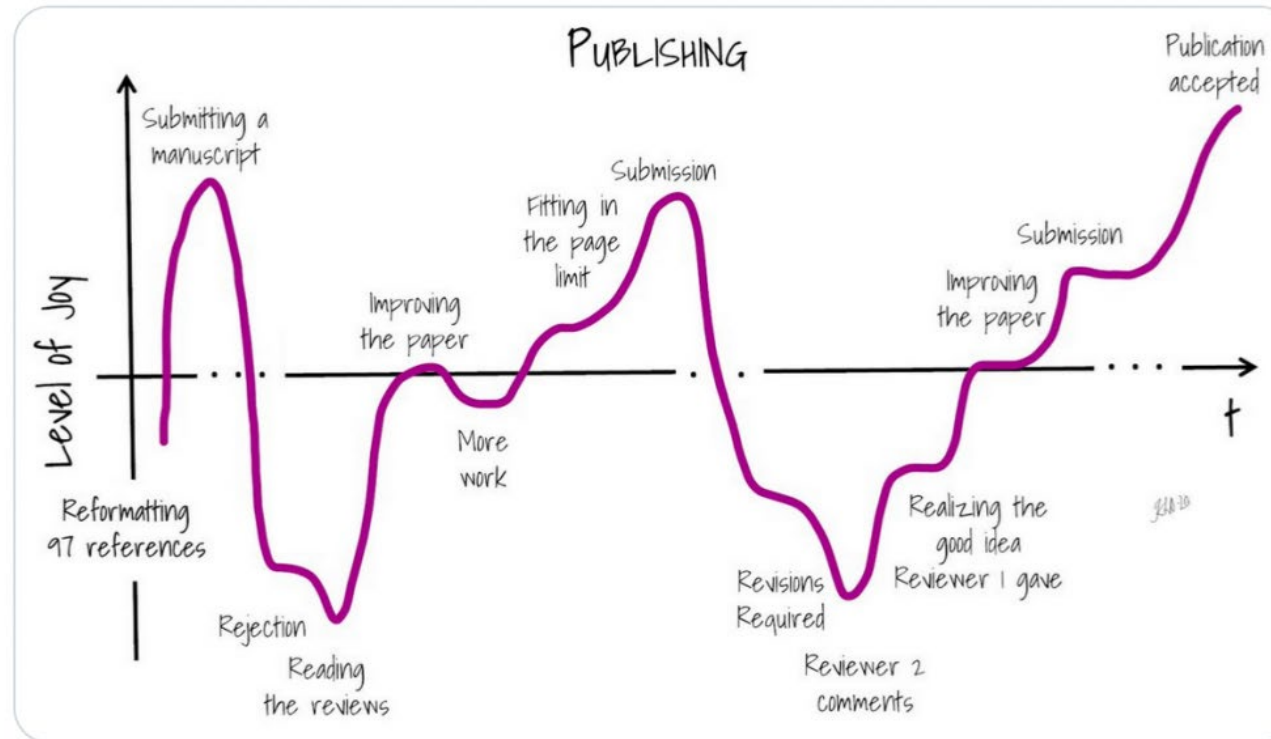**Katja Hölttä-Otto**
@HolttaOtto

The emotional rollercoaster of writing an academic paper. #AcademicTwitter #AcademicChatter

Käännä twiitti

2.02 ip. · 18. syysk. 2020 · Twitter Web App

RESULTS IN TERMS OF MENTAL HEALTH

The relation among stressing situations and mental health is undeniable…

- However… what if we are close to the threshold?
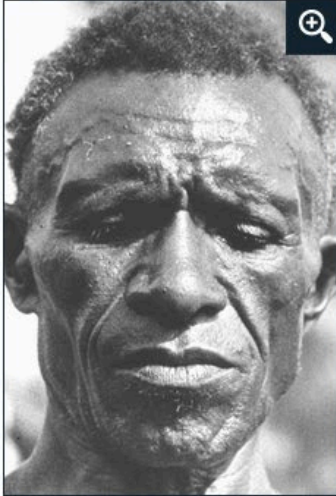
Anger

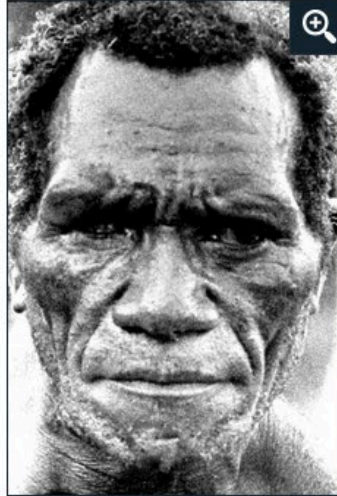Sadness

Disgust

Happiness

Anger

Sadness
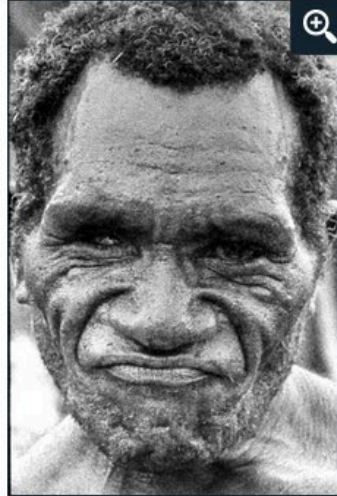
Disgust

Happiness

Anger

Sadness

Disgust

Happiness

Anger
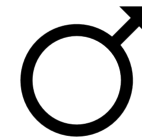
Sadness

Disgust

Happiness

THE STIGMA OF EMOTIONS

♀

♂

Expressing emotions=hysteria

Expressing emotions=not manly

Review

A neuro-cognitive process model of emotional intelligence

Ryan Smith[a,b,*], William D.S. Killgore[a], Anna Alkozei[a], Richard D. Lane[a]

[a] *Department of Psychiatry, University of Arizona, Tucson, AZ, USA*
[b] *Laureate Institute for Brain Research, Tulsa, OK, USA*

ARTICLE INFO

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.

Implicit or explicit regulation…?

Krautze-Utz et al., 2014.
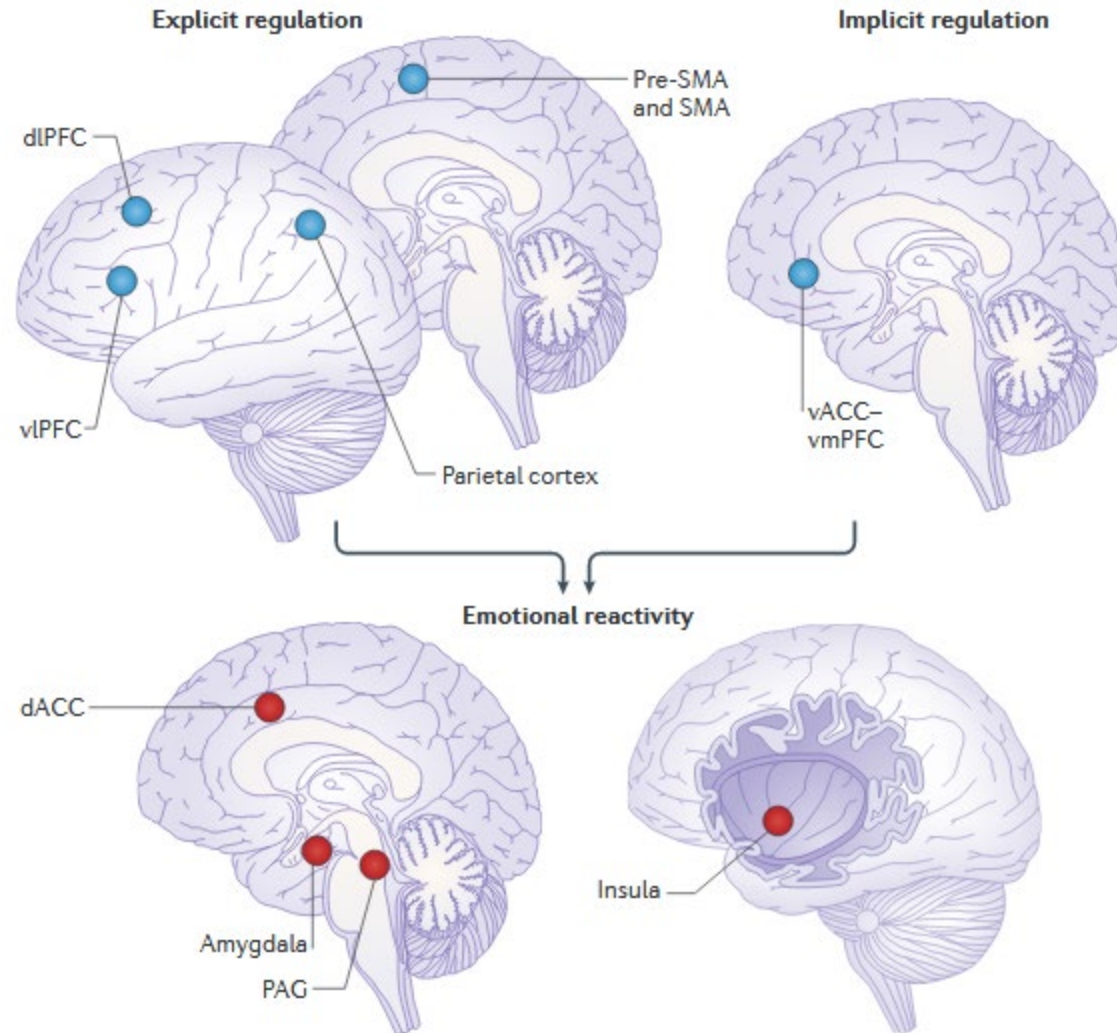
STRATEGIES THAT ARE NOT ADAPTATIVE

- Social withdrawal
- Desiderative thinking
- Rumination
- Too much criticisme to oneself
- Internal attribution of guilt
- Negation
- Agressivity
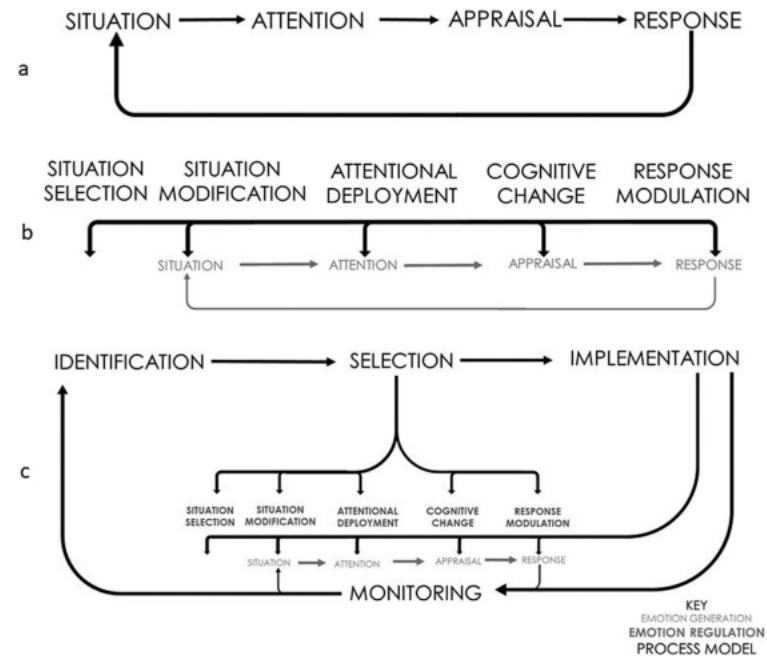- Comparation with others
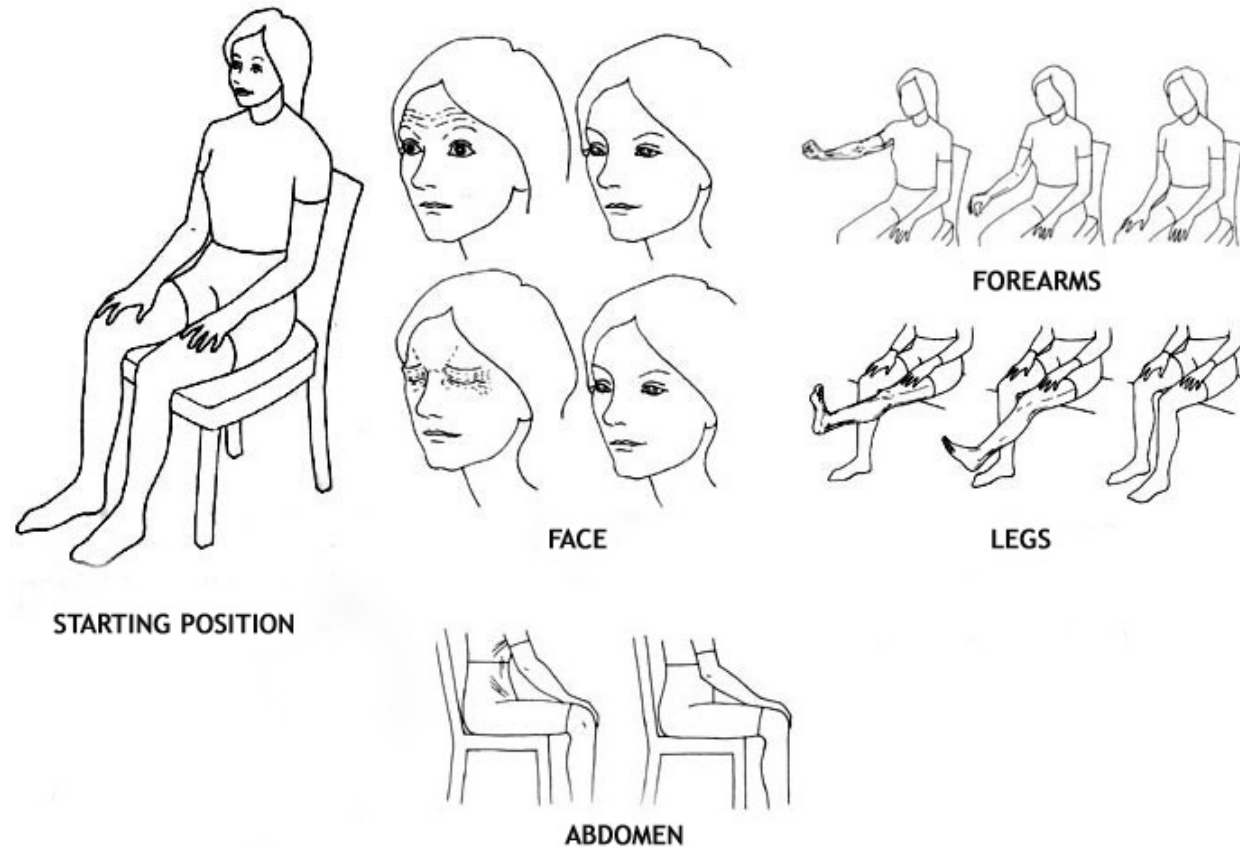
STRATEGIES TO REGULATE EMOTIONS

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.

AN EXERCISE OF THREE MINUTES...

EMOTIONAL VOCABULARY

EMOTION & FEELING WHEEL

JACOBSON RELAXATION PROCESS

STARTING POSITION

FACE

FOREARMS

LEGS

ABDOMEN

… AND IN YOUR PHD PROCESS?

LEARNED HELPLESSNESS

Selligman (60s)

THANK YOU! AND DO NOT GIVE UP!