

Emoce I

Pavel Humpolíček, Ph.D.

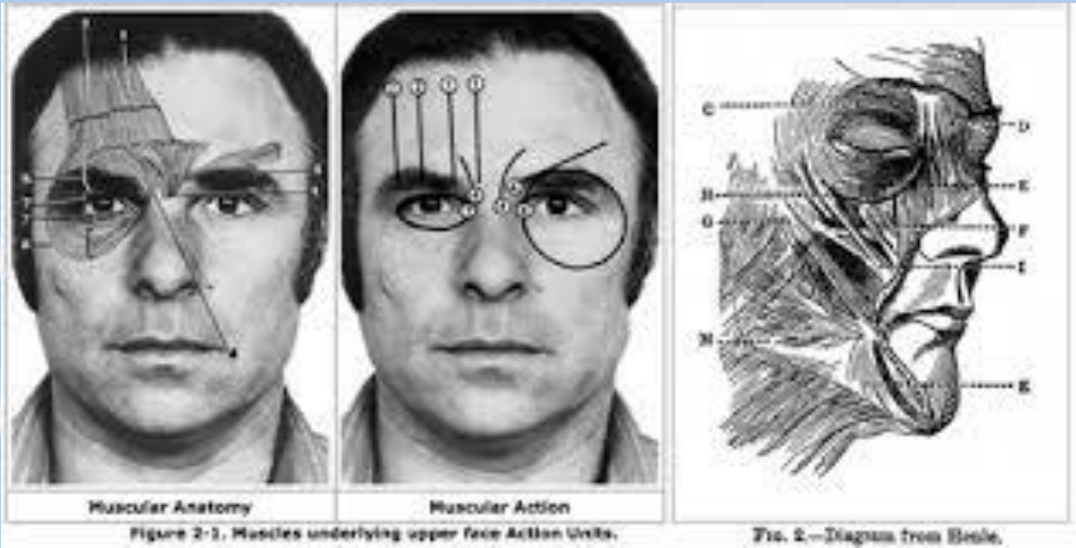
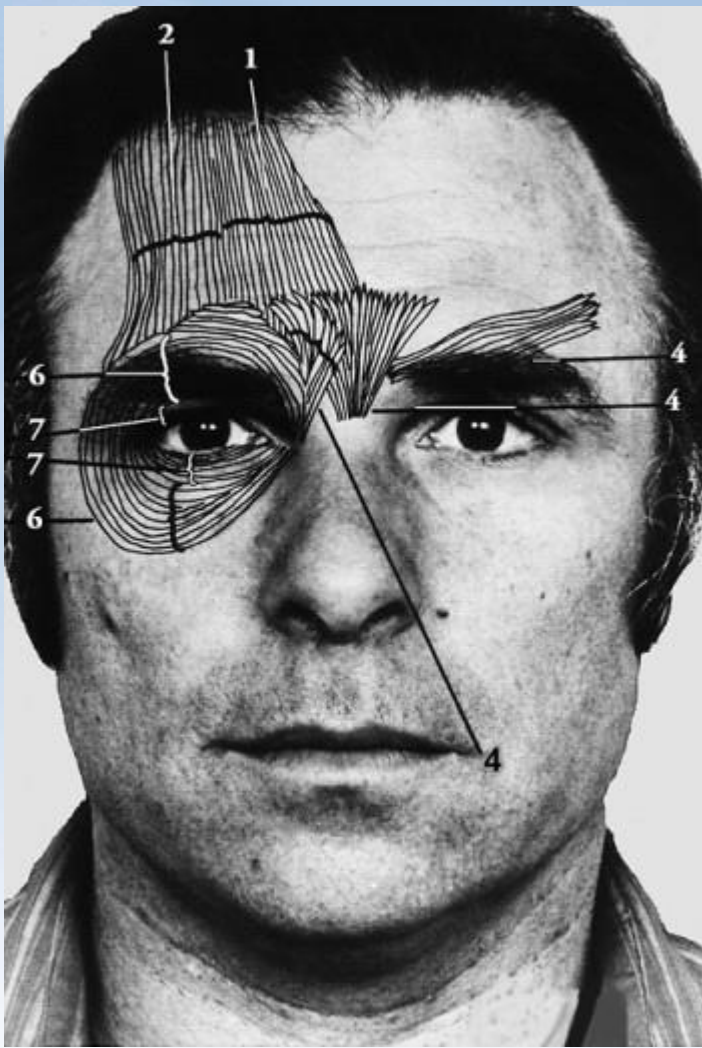
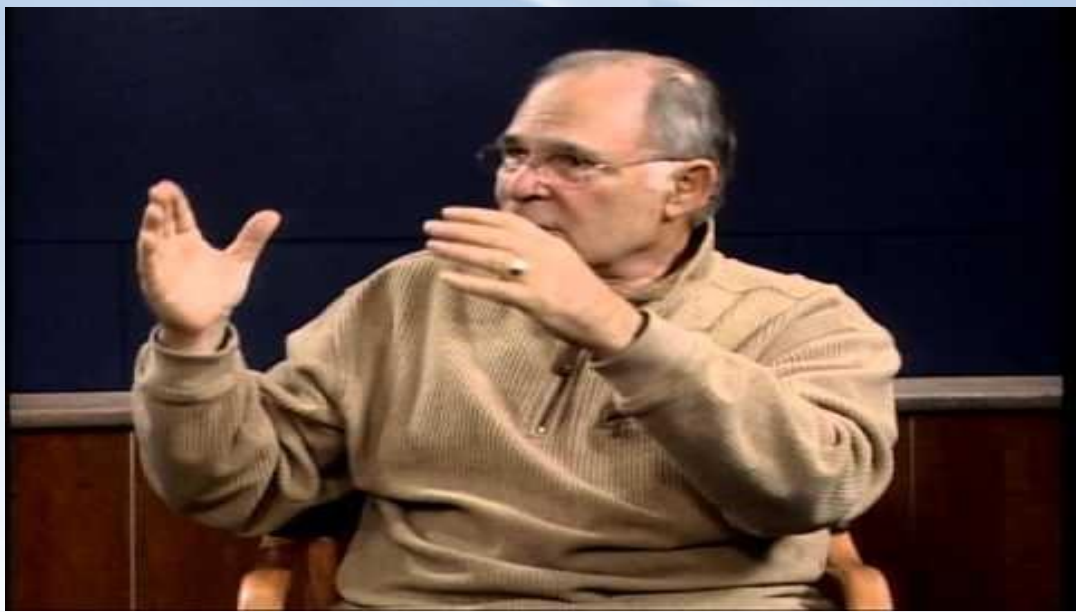


Figure 2-3. Muscles underlying upper face Action Units.

FIG. 2.—Diagram from Beale.





Short info video



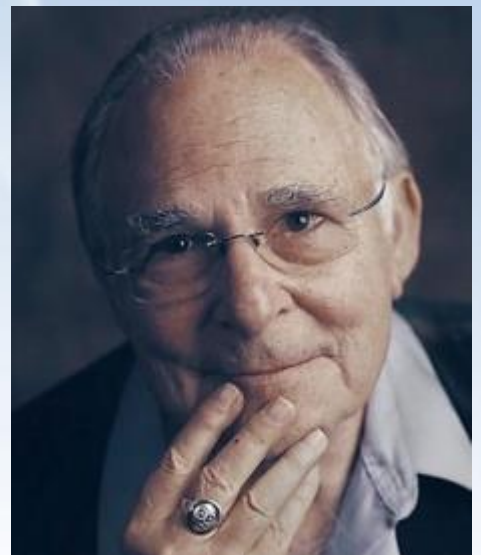
Dr. Paul Ekman



<http://www.ekmaninternational.com/paul-ekman-international-plc-home.aspx?videoToken=1325>
https://www.youtube.com/watch?v=J9i-9_QuetA



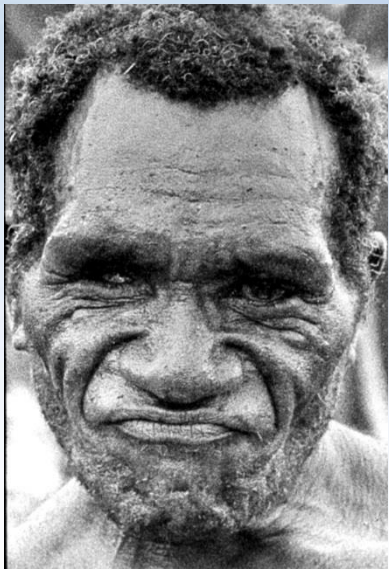
AU 10+12+ 16+25	AU 22+25+26	AU 12+25+26	AU 6+10+ 12+16+25+27	AU 17+24
Bared-teeth	Pant hoot	Play face	Scream	Bulging-lip face





<https://www.youtube.com/watch?v=rGhOuA3rr1k>

<https://www.youtube.com/watch?v=k2rb7pAP7hk>



	Lower →	Fear	Anger	Disgust	Joy	Neutral	Sadness	Surprise
Upper ↓								
Fear								
Anger								
Disgust								
Joy								
Neutral								
Sadness								
Surprise								

MICRO-EXPRESSIONS





DISGUST (voice of Mindy Kaling)
 Disgust is highly opinionated, extremely honest and prevents Riley from getting poisoned—both physically and socially. She keeps a careful eye on the people, places and things that Riley comes into contact with—whether that's broccoli or last year's fashion trend. Disgust always has the best of intentions and refuses to lower her standards.



FEAR (voice of Bill Hader)
 Fear's main job is to protect Riley and keep her safe. He is constantly on the lookout for potential disasters, and spends time evaluating the possible dangers, pitfalls and risk involved in Riley's everyday activities. There are very few activities and events that Fear does not find to dangerous and possibly fatal.



SADNESS (voice of Phyllis Smith)
 None of the other Emotions really understand what Sadness's role is. Sadness would love to be more optimistic and helpful in keeping Riley happy, but she finds it so hard to be positive. Sometimes it seems like the best thing to do is just lie on the floor and have a good cry.



JOY (voice of Amy Poehler)
 Joy's goal has always been to make sure Riley stays happy. She is lighthearted, optimistic and determined to find the fun in every situation. Joy sees challenges in Riley's life as opportunities, and the less happy moments as hiccups on the way back to something great. As long as Riley is happy, so is Joy.



ANGER (voice of Lewis Black)
 Anger feels very passionately about making sure things are fair for Riley. He has a fiery spirit and tends to explode (literally) when things don't go as planned. He is quick to overreact and has little patience for life's imperfections.

Emotions Of Chuck Norris



Regret



Pleasure



Fear



Rage



Shame



Desire



Suffering



Disgust



Surprise



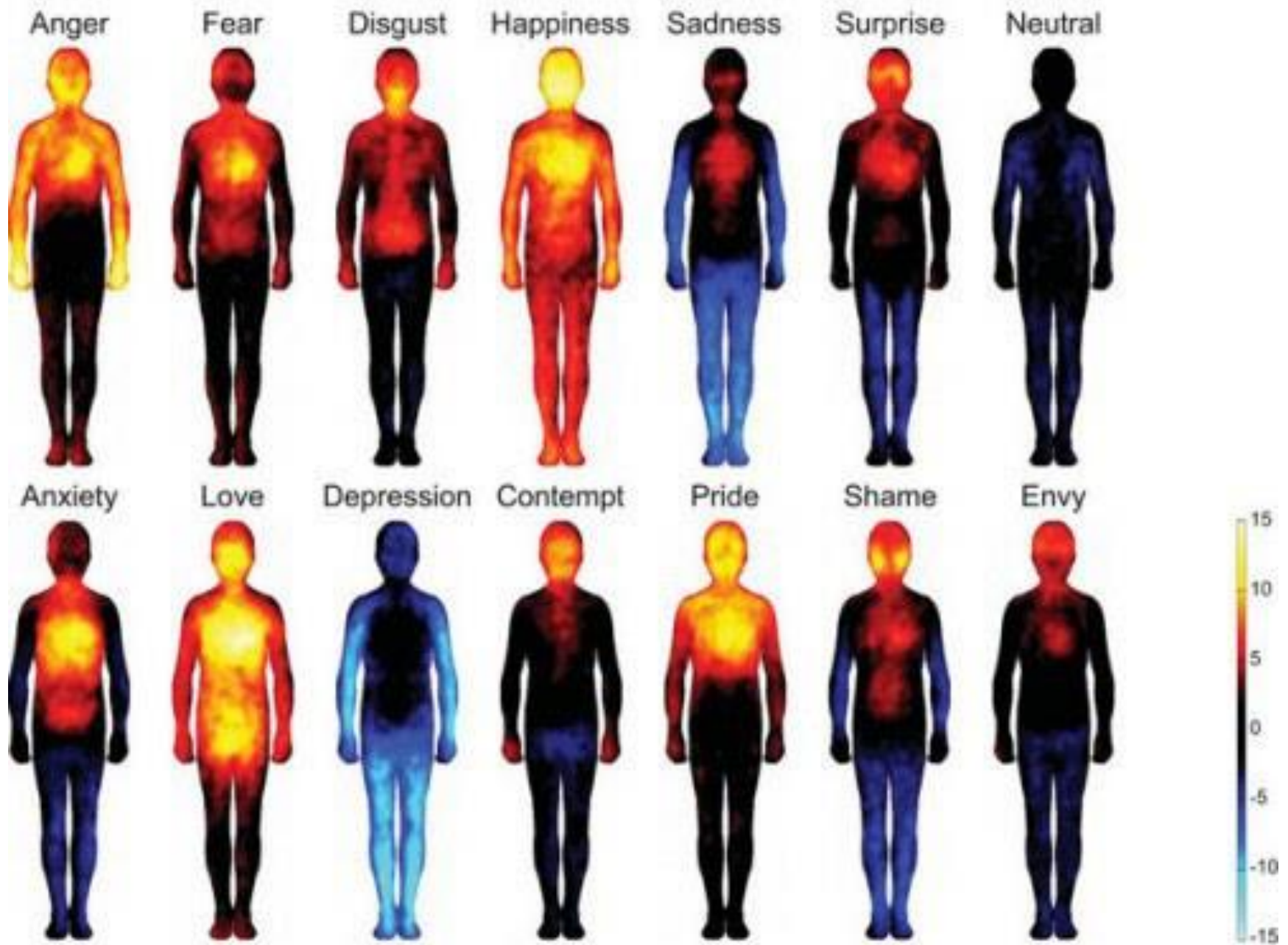
Confident



Guilt



Love

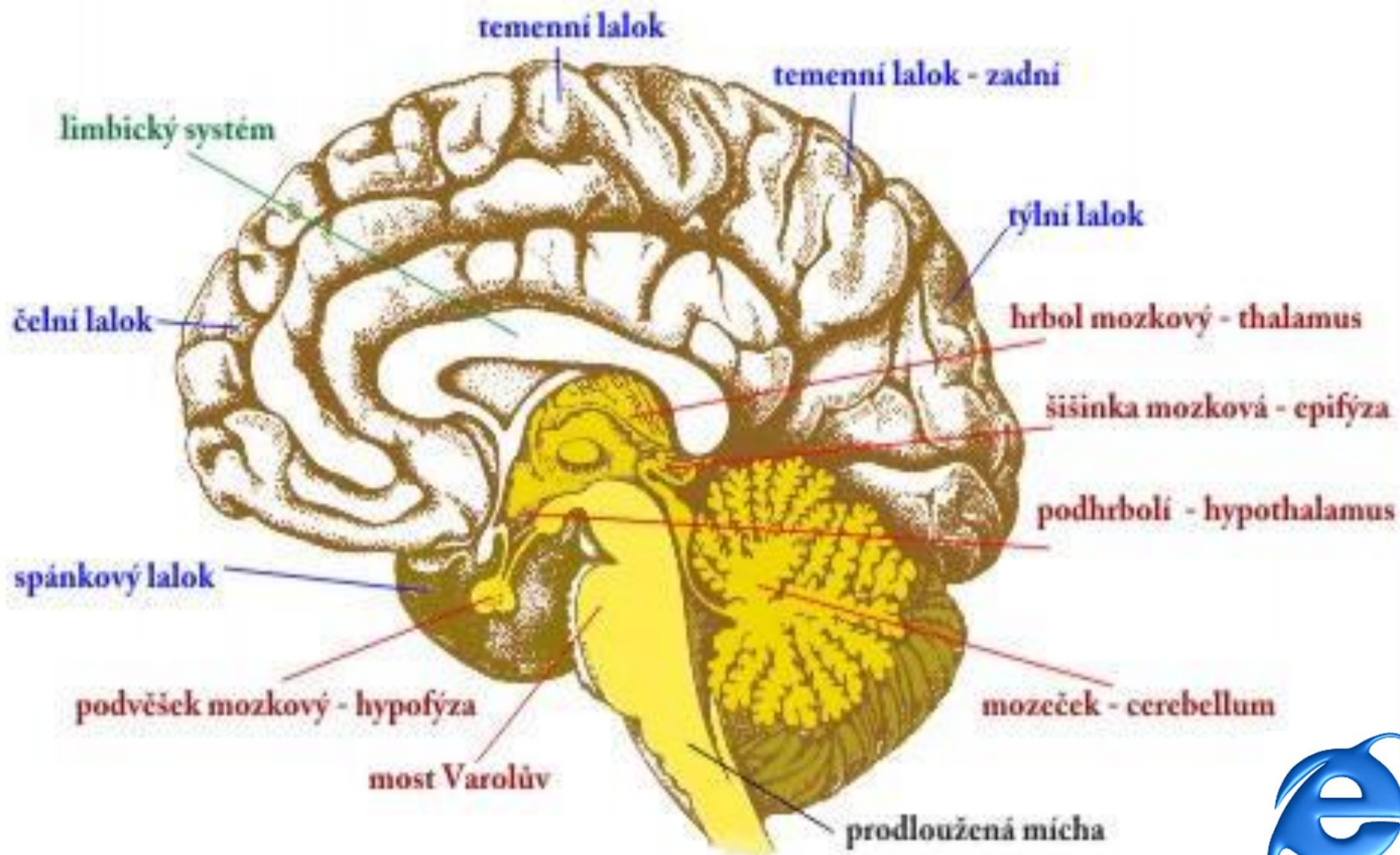


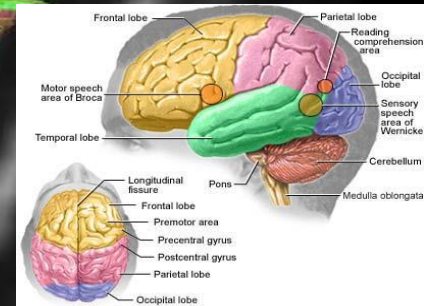
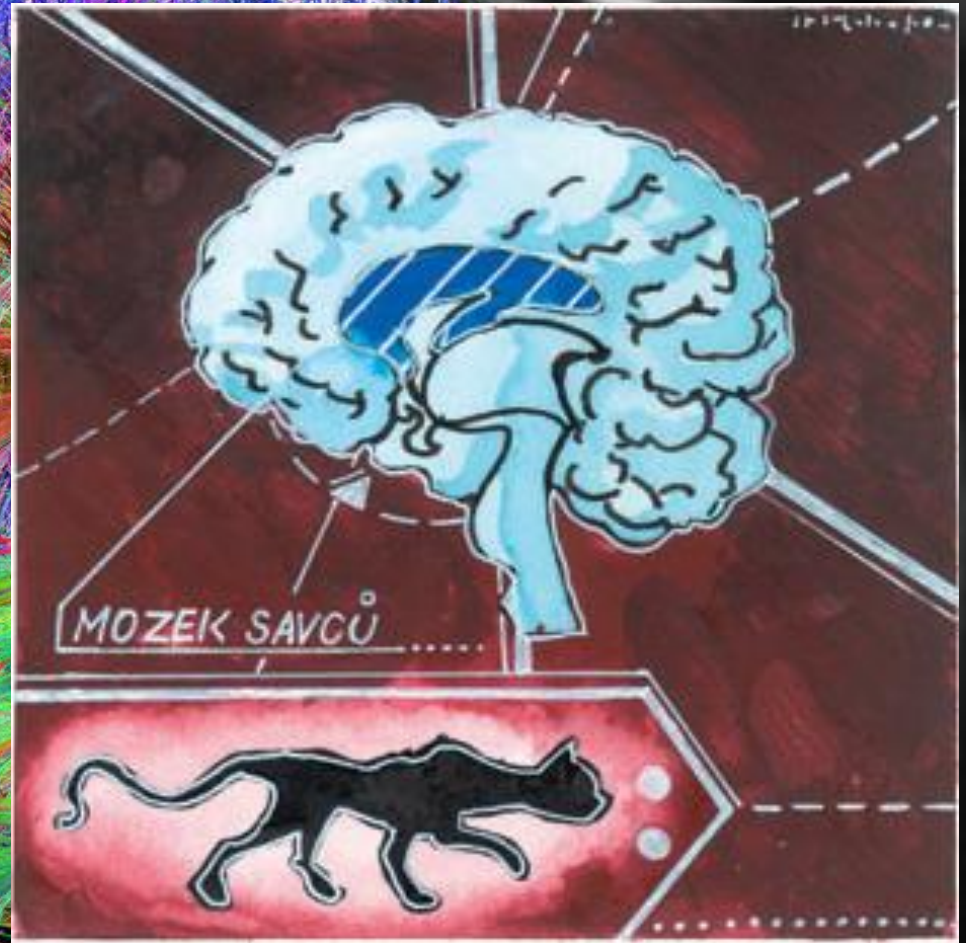
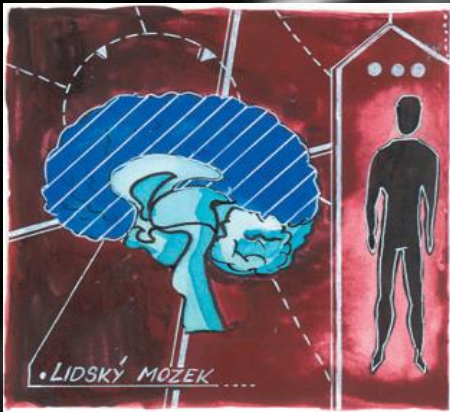
STAVBA MOZKU ČLOVĚKA

VELKÝ - PŘEDNÍ MOZEK
MOZEK ROZUMU

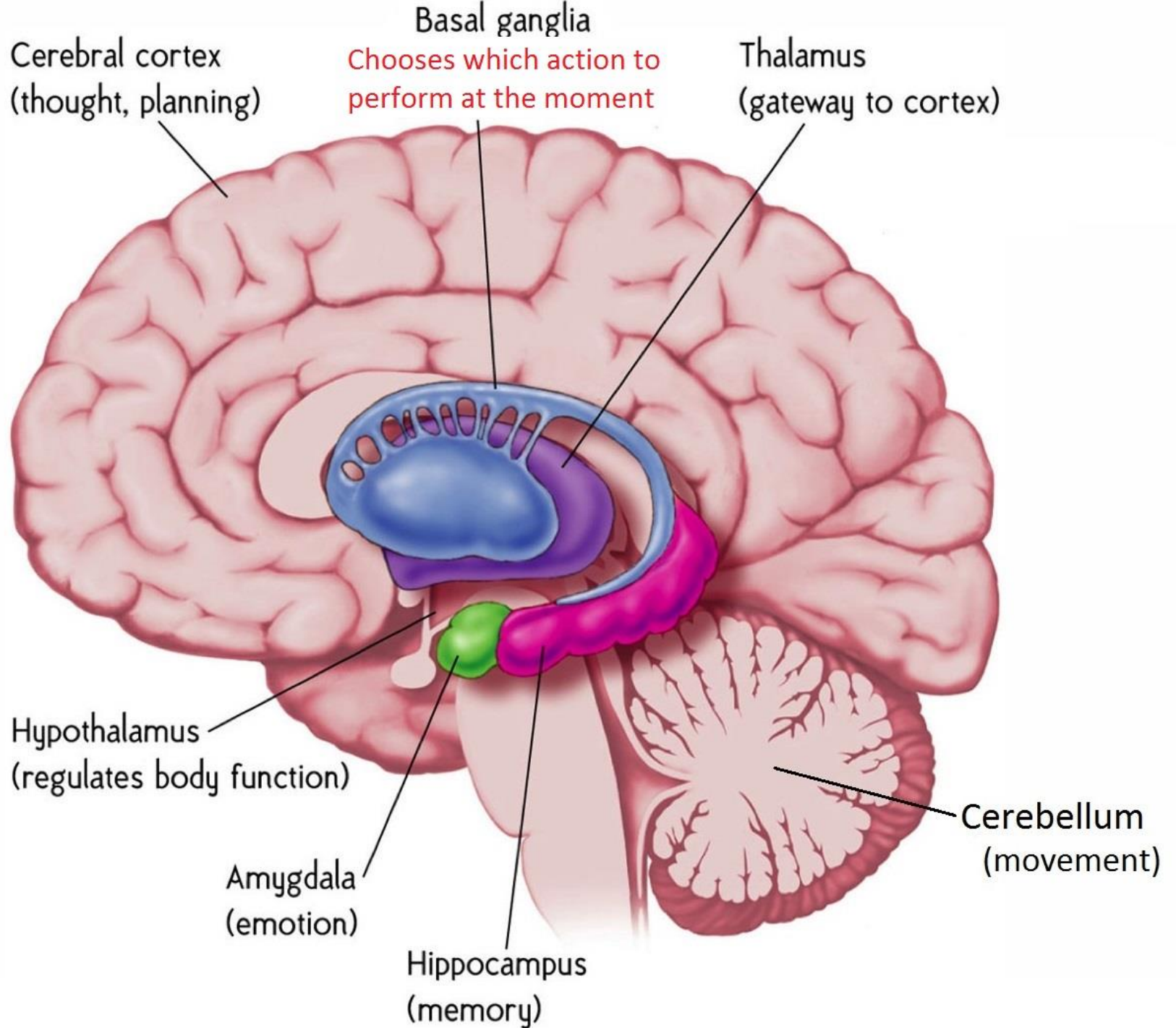
MEZIMOZEK

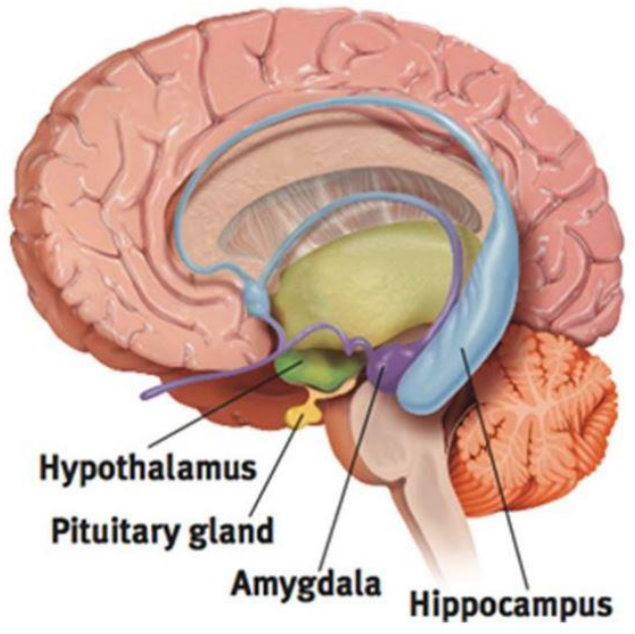
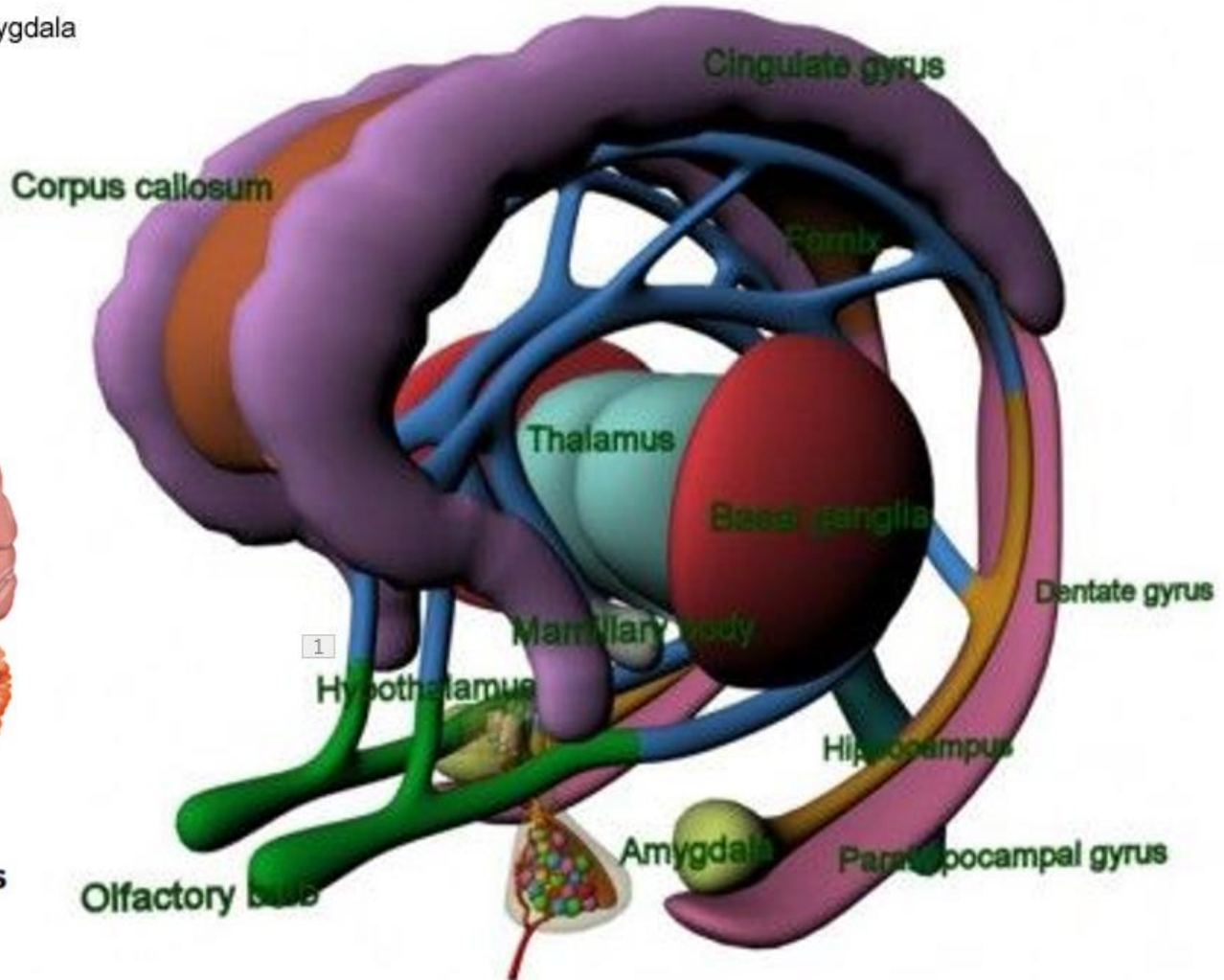
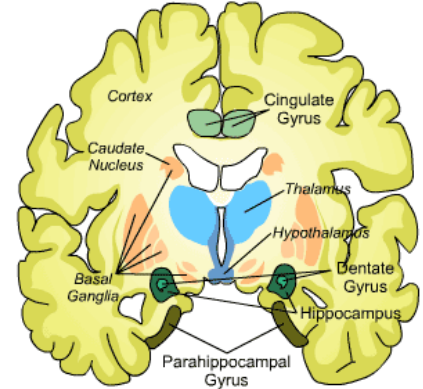
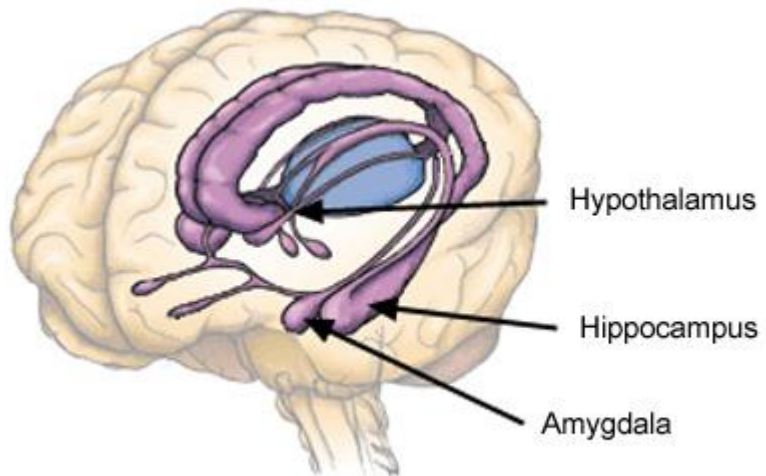
MALÝ - ZADNÍ MOZEK
CITOVÝ MOZEK





Triune theory - Paul McLean





Neurobiologie úzkosti a strachu



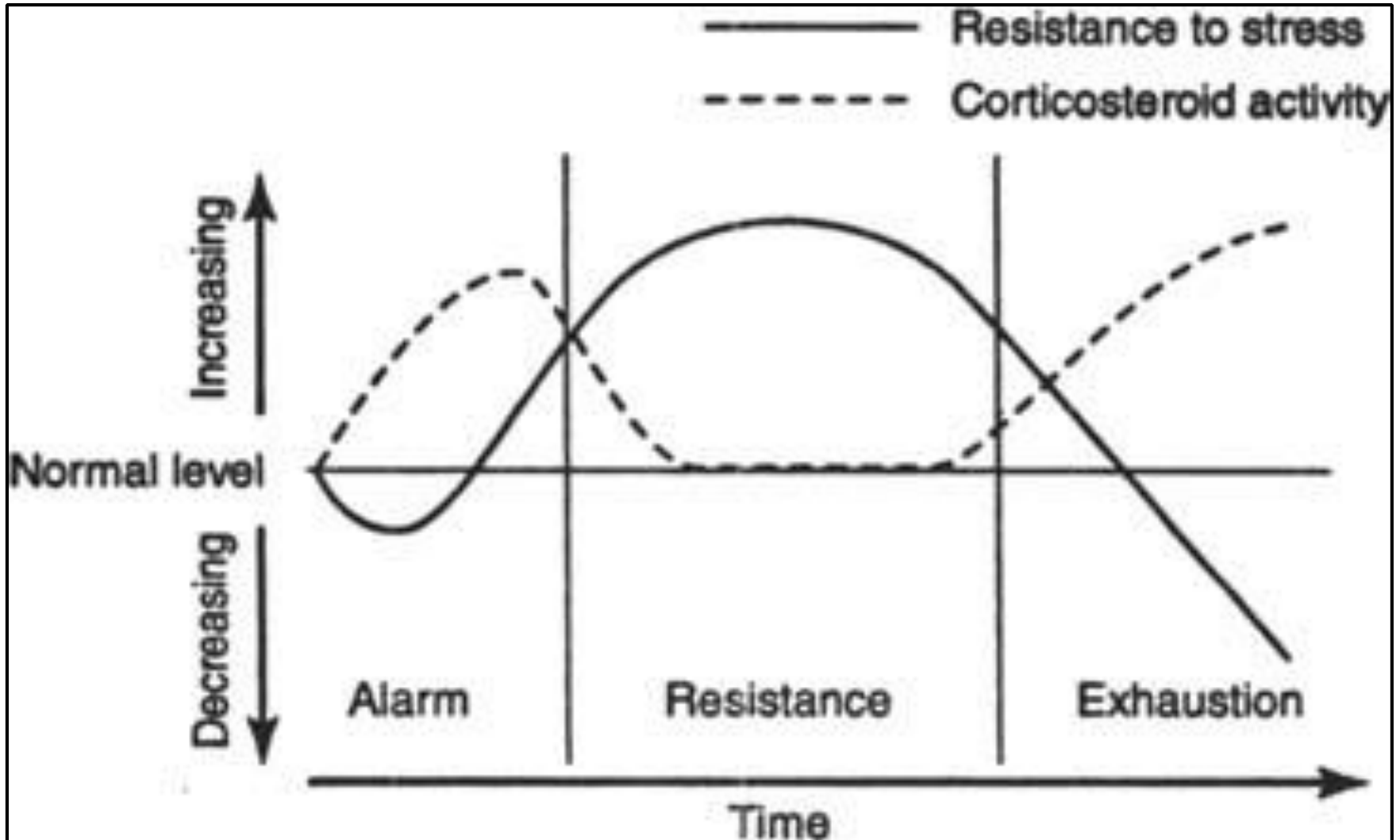
UNIVERZITA KARLOVA

prof. Cyril Höschl



GAS

Obecný adaptační syndrom - Hans Selye



Sebereflexe



S-E-T / I-S / B-E-S-T



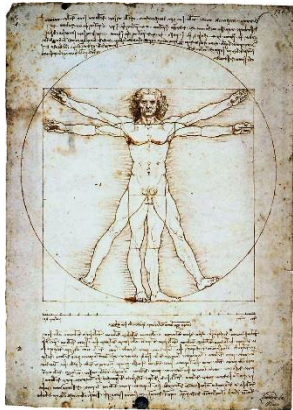
Thoughts

Spiritual
Meaningful

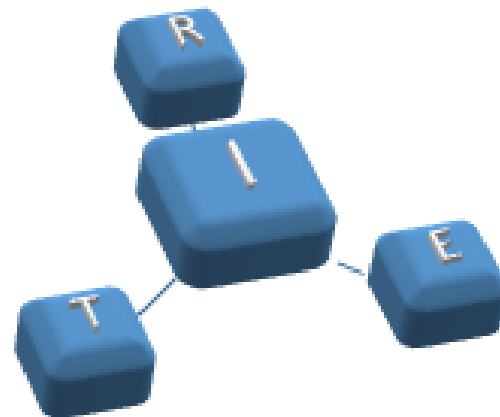
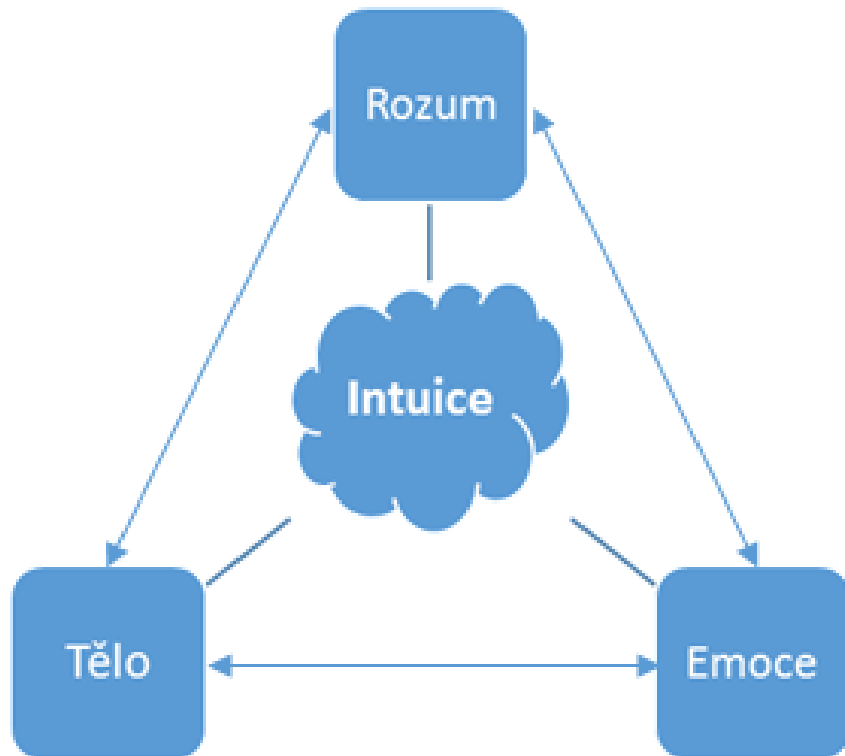
Intuition

Soma

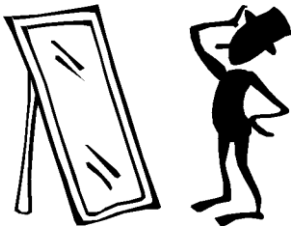
Emotions



T-E-(T)-R / I - S



www.psychologon.cz



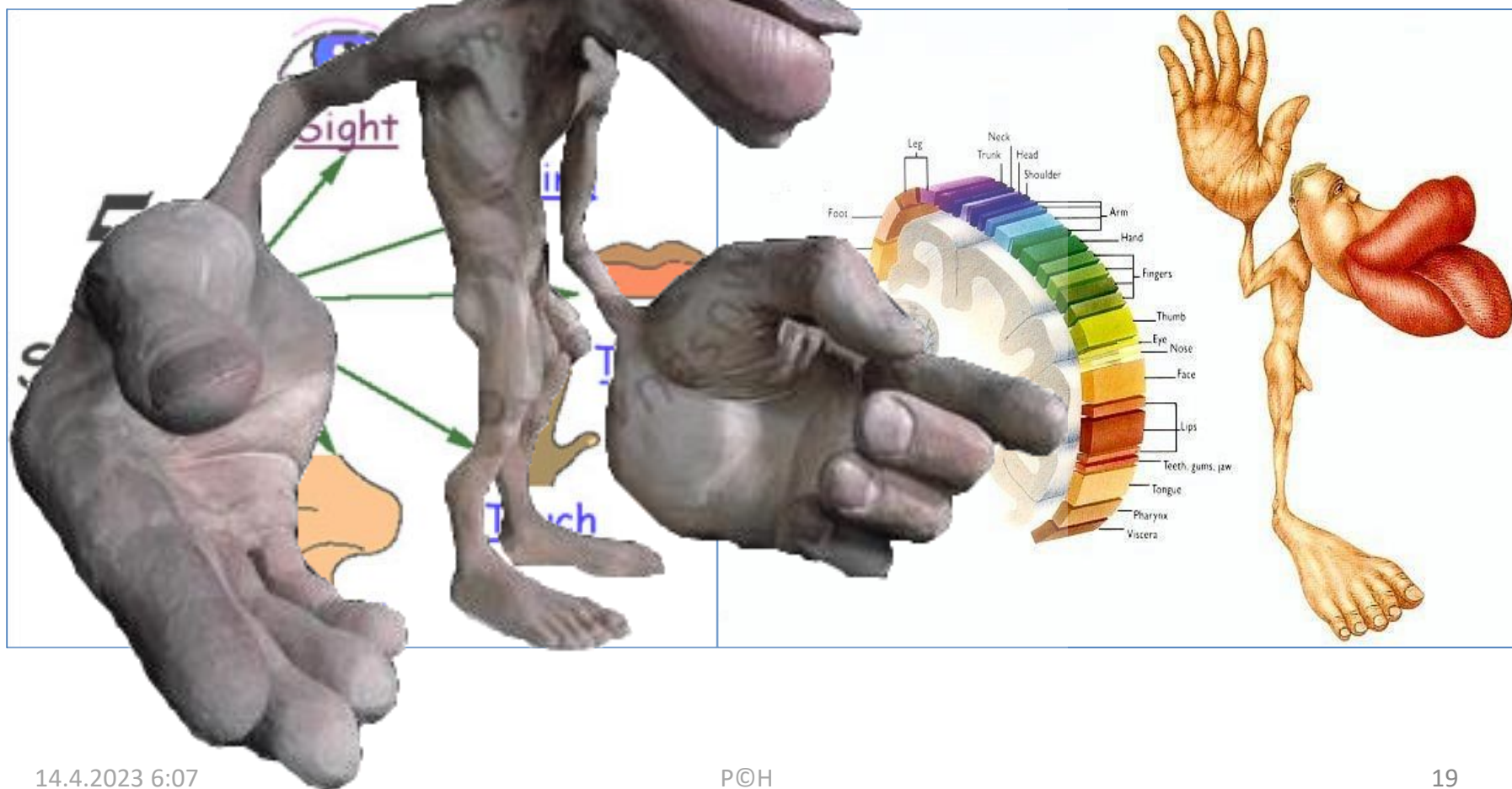
Jednoduché otázky podporující schopnost sebe/reflexe:

CO (ted' právě) CHCI?

CO (ted' právě) POTŘEBUJU?

Vědomá relaxace/koncentrace

5 P



Vědomá relaxace/koncentrace

5 P

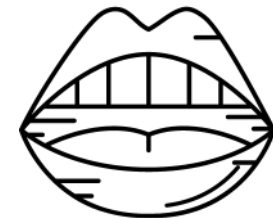
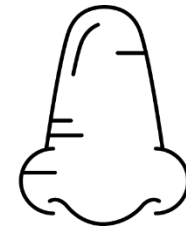
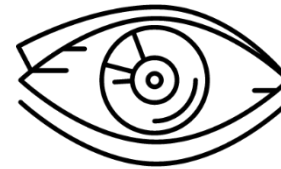
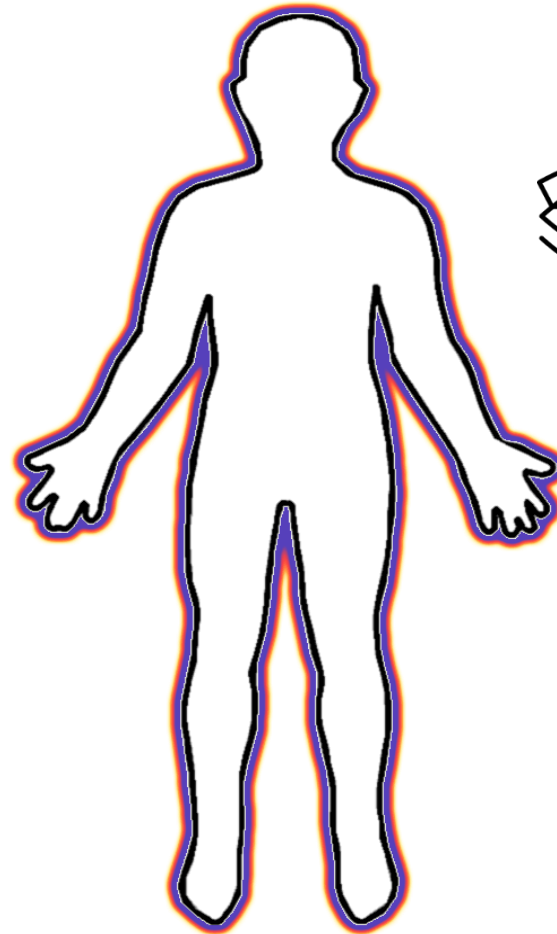
TĚLO (hmat)

ÚSTA (chuť)

NOS (čich)

OČI (zrak)

UŠI (sluch)



Vědomá relaxace/koncentrace

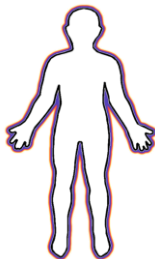
5 P

**Mám všech pět pohromadě,
hezky si užiju dnešní
odpoledne!**

3 kroky:
5 x VÍM (uvědomuji si, ujistím se)
a PROPOJIM (mám všech 5 pohromadě.)

ÚSTA (chuť)
NOS (čich)
OČI (zrak)
UŠI (sluch)

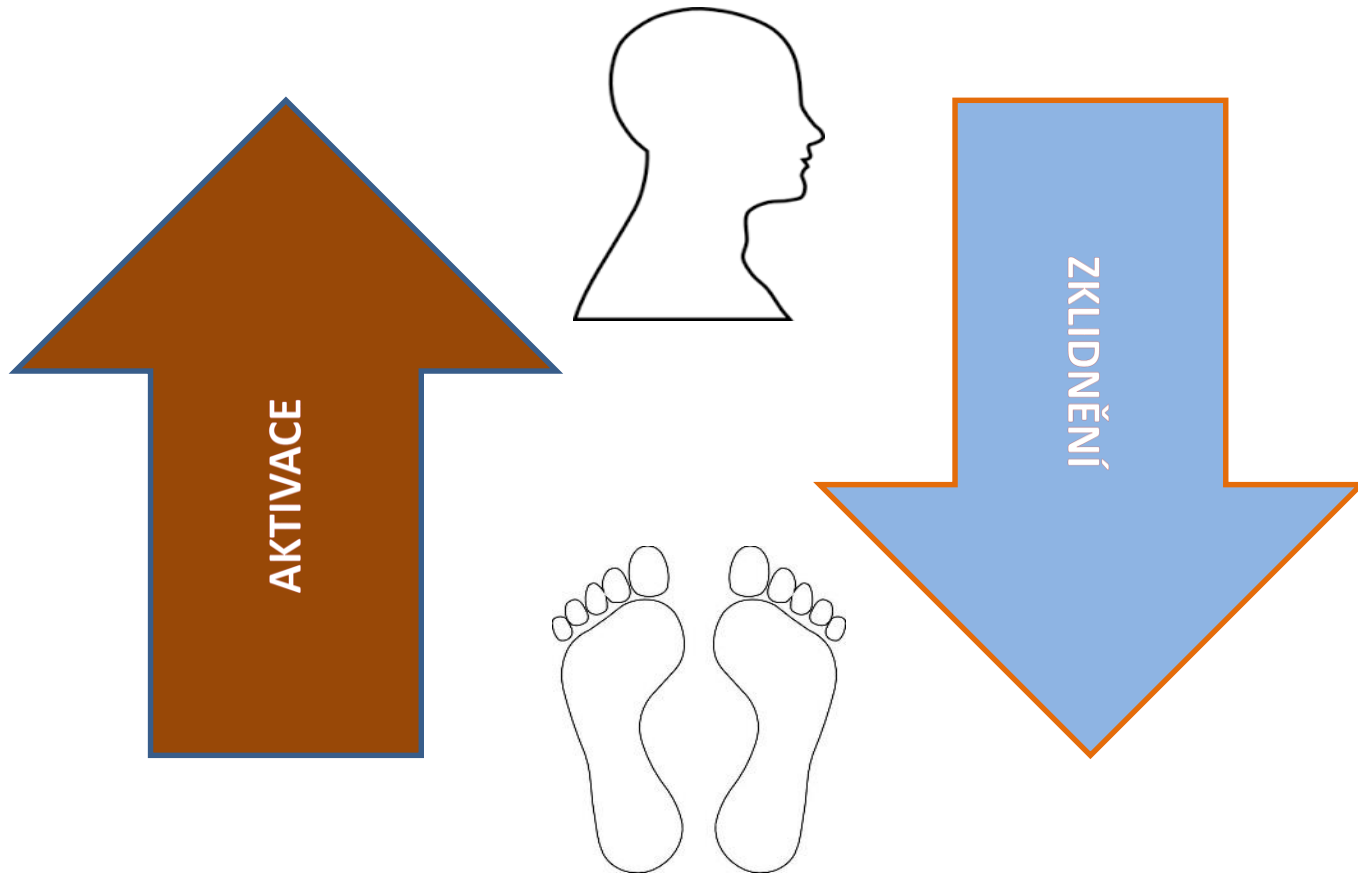
2 cesty:



POCIT & ŘEČ
vnímání & rozum
barva & tvar

„Je to fajn,
hmat mi funguje.“

Vědomá relaxace/koncentrace



Jacobson's Progressive Muscular Relaxation



NAPĚTÍ – aktivace svalů
10 vteřin

vs.

vnímání relaxačního účinku - **10 vteřin**
UVOLNĚNÍ



Pozornost se soustředí na rozdíly

mezi

napětím a uvolněním.





Dr

The eatwell plate
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Ea

M



DrEaMS



S

S

S



