



Stress Management / Work-Life Balance

EMOTIONS – basic information

**Department of Psychology and Psychosomatics
Faculty of Medicine, Masaryk University**

Autumn semester 2019



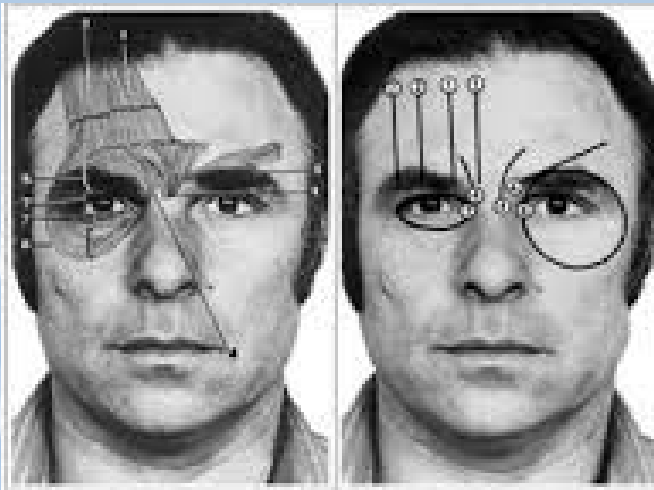
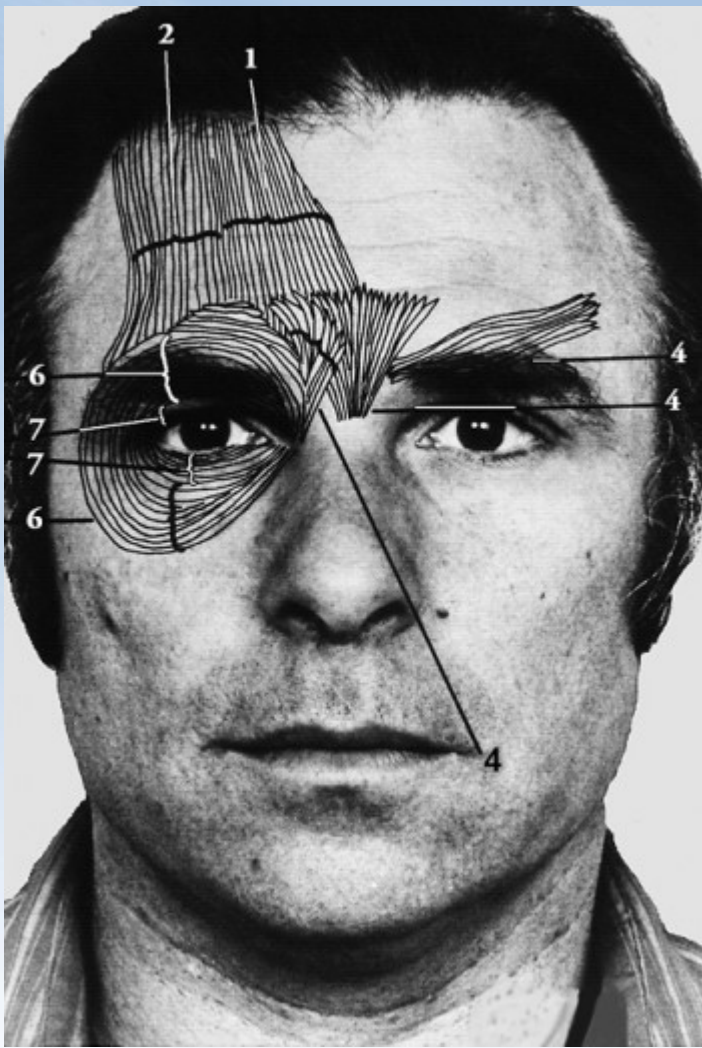
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upp.med.muni.cz

Private practice (counselling, therapy, assessment, coaching)

www.p-s-y-c-h-o-l-o-g.cz



Muscular Anatomy Muscular Action

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

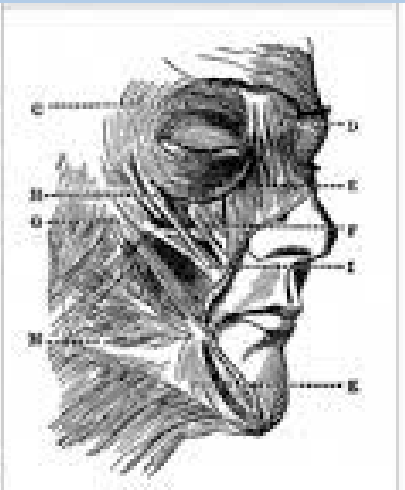
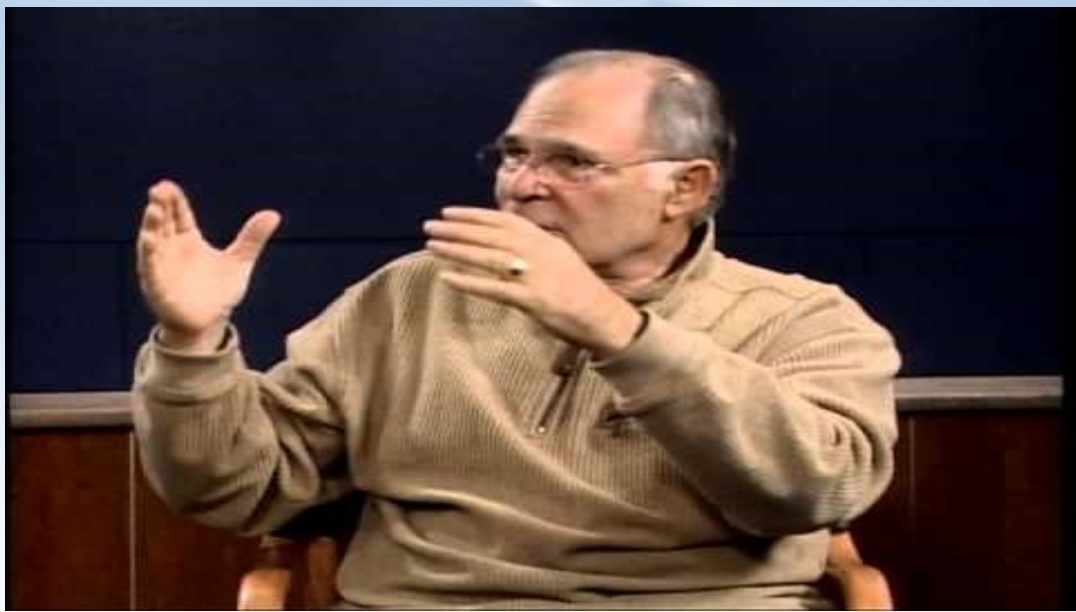
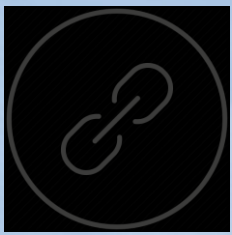


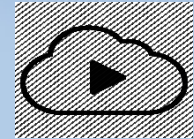
FIG. 2.—Diagram from Biale.





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



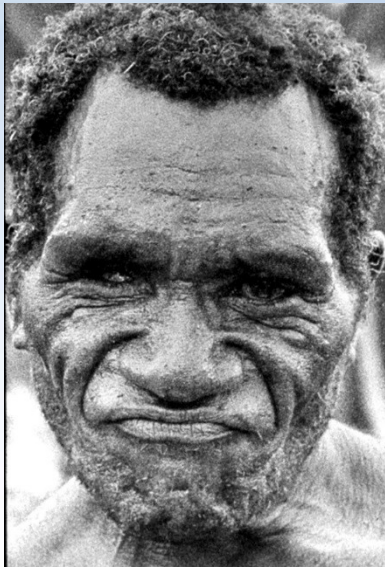
AU 10+12+ 16+25	AU 22+25+26	AU 12+25+26	AU 6+10+ 12+16+25+27	AU 17+24
Bared-teeth	Pant hoot	Play face	Scream	Bulging-lip face





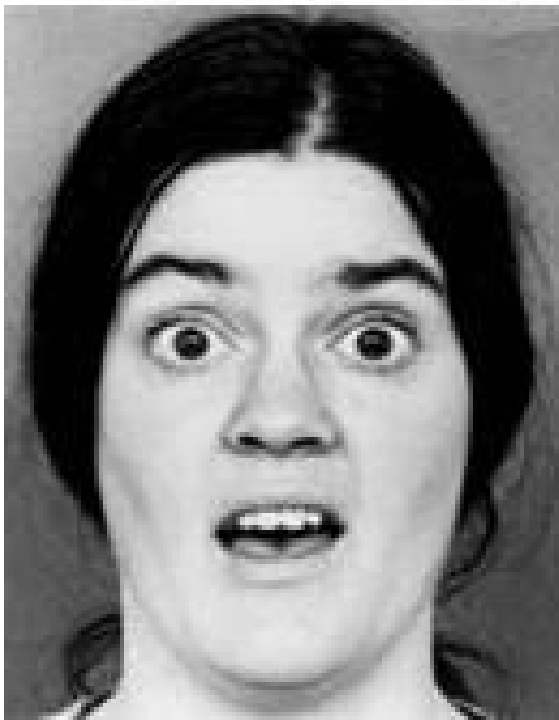
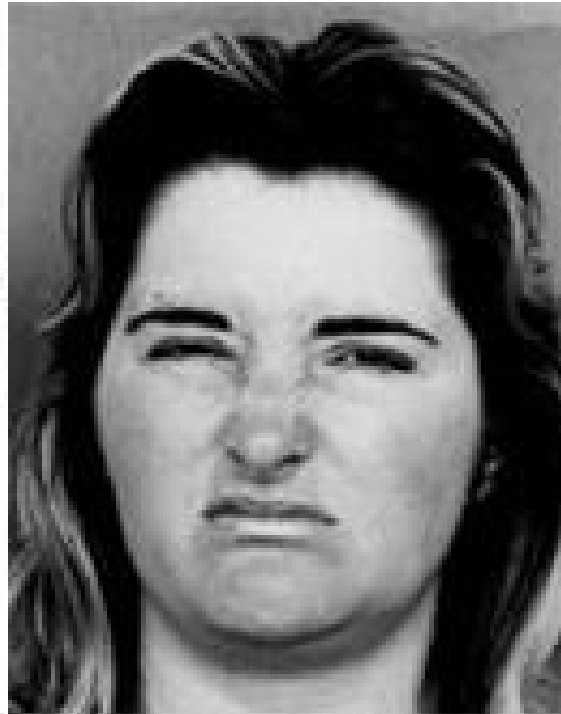
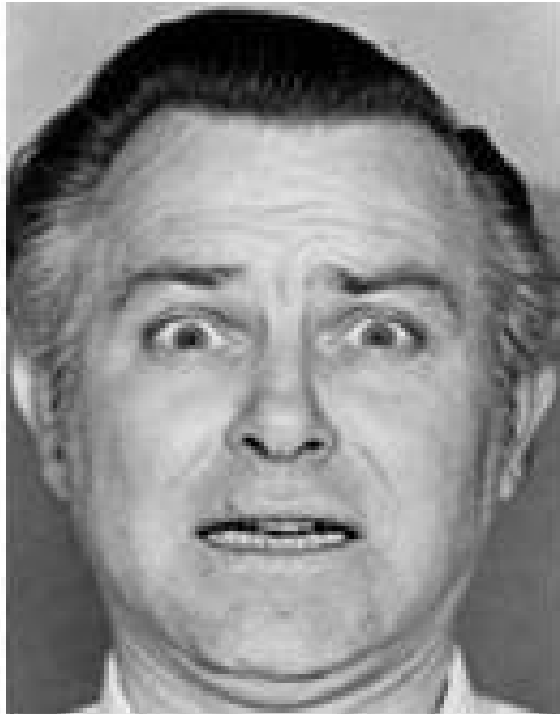
<https://www.youtube.com/watch?v=rGhOuA3rr1k>

<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 emotionally. She has a careful eye and finds things that other emotions don't see. She is very picky and always has the upper hand. She 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 be 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 she sees 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



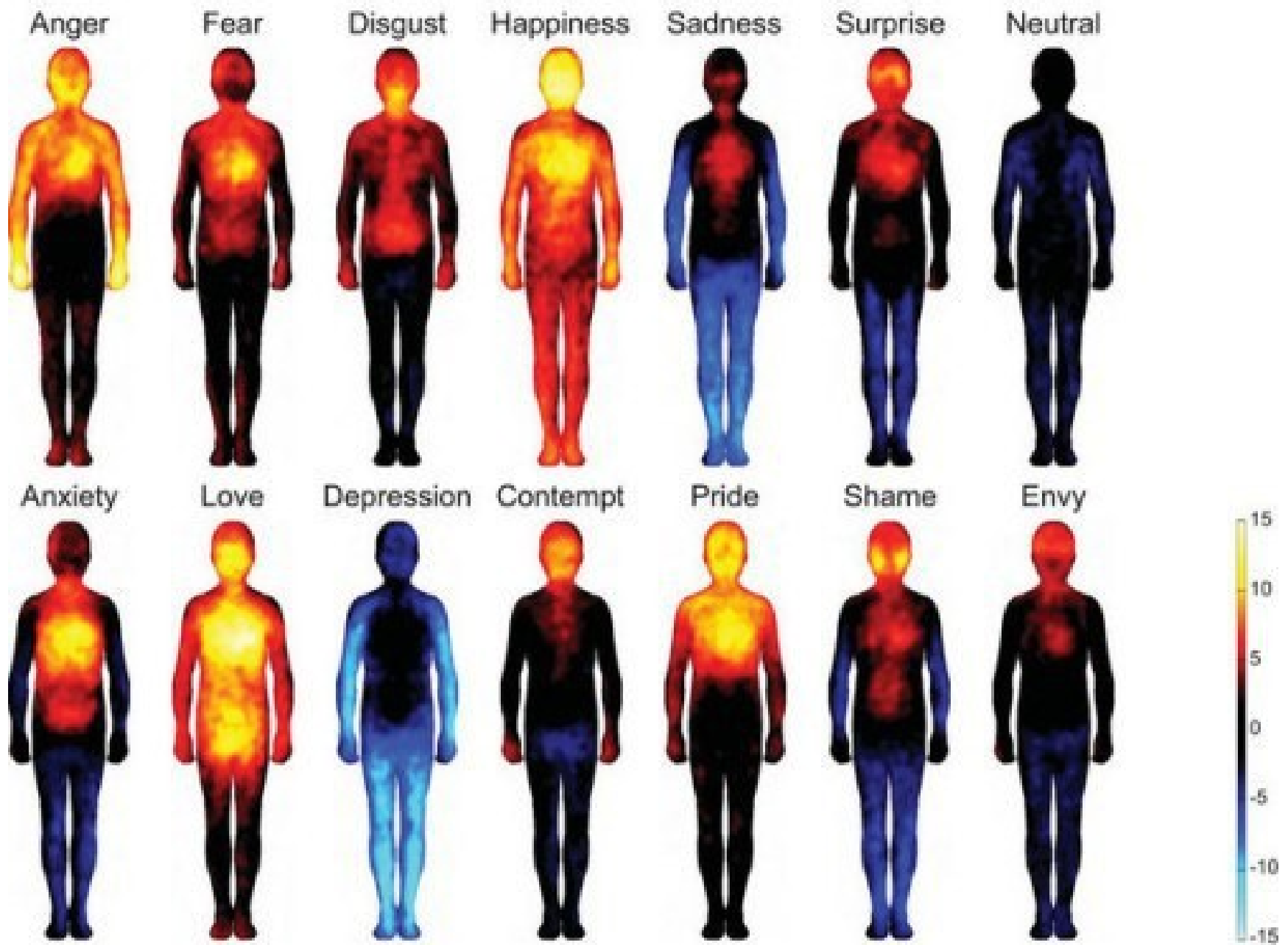
Confident

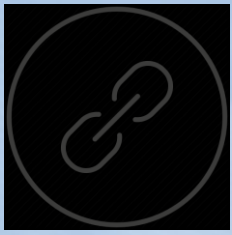


Guilt



Love





Links – text & test

Emotions (ENG)

<https://en.wikipedia.org/wiki/Emotion>

MSCEIT

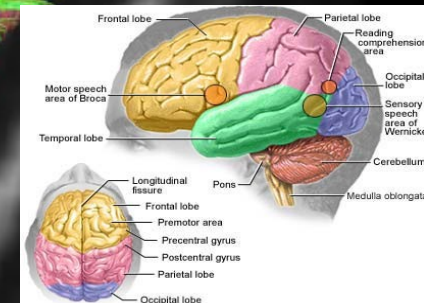
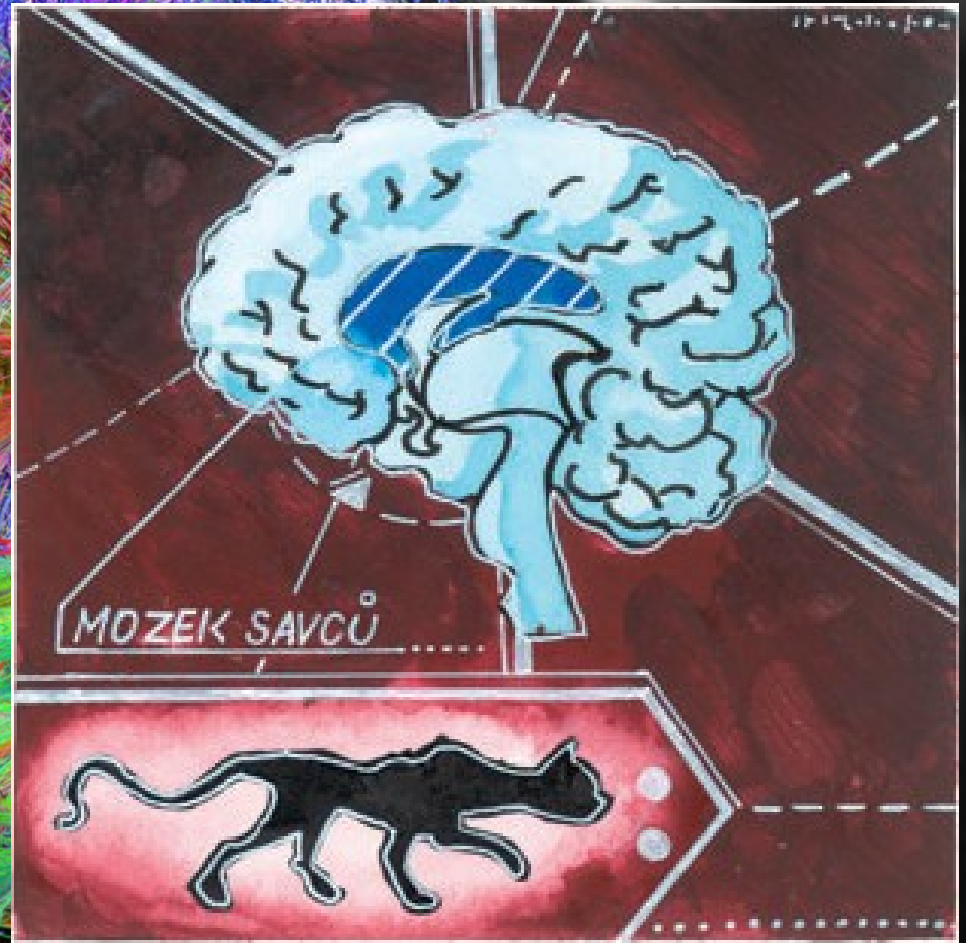
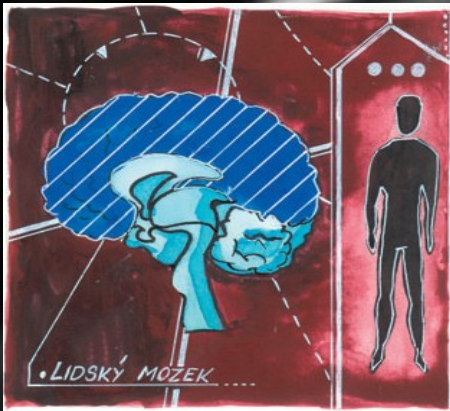
<https://www.mhsassessments.com/.../msceit.aspx>

<http://www.testcentrum.cz/testy/msceit>

PRINCIPLES OF

**Anger Management
Anxiety Management**

Principy řízení emocí

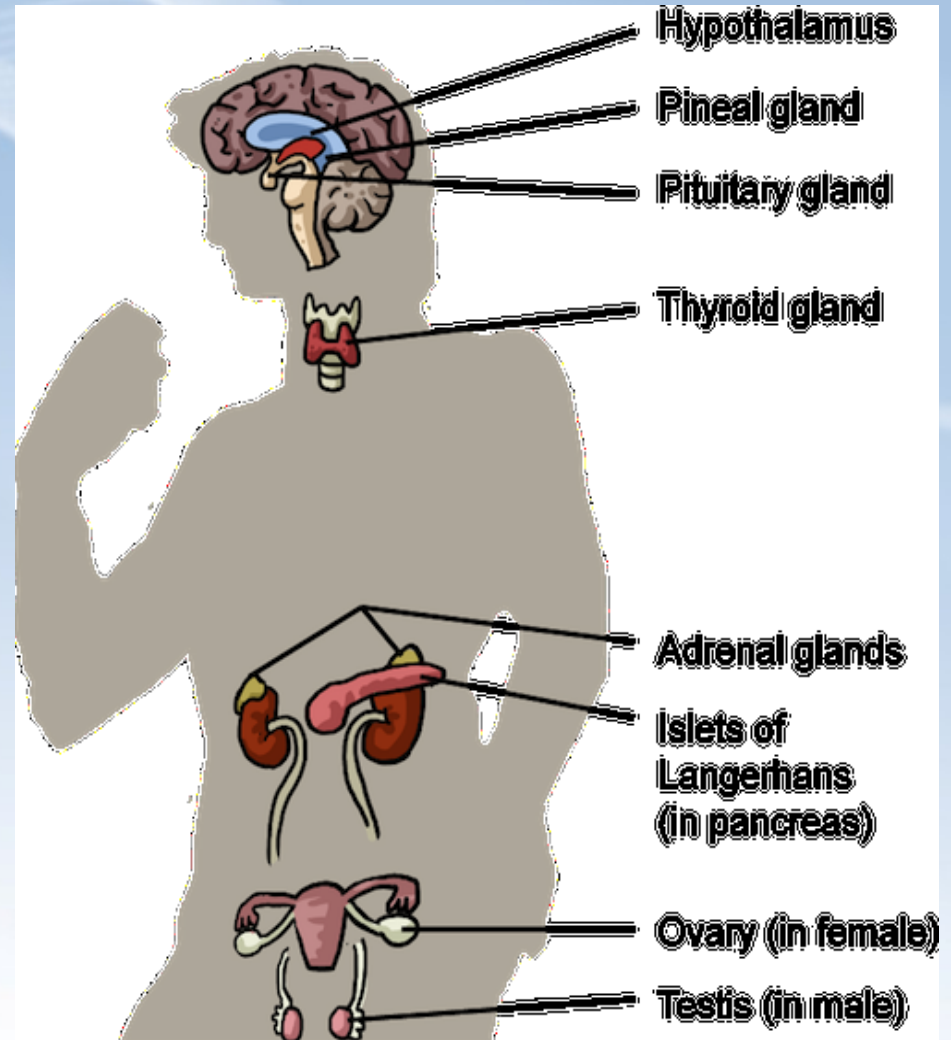
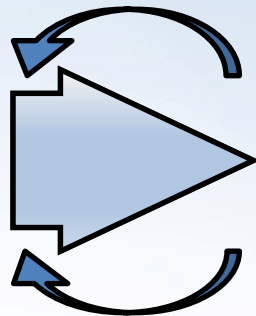


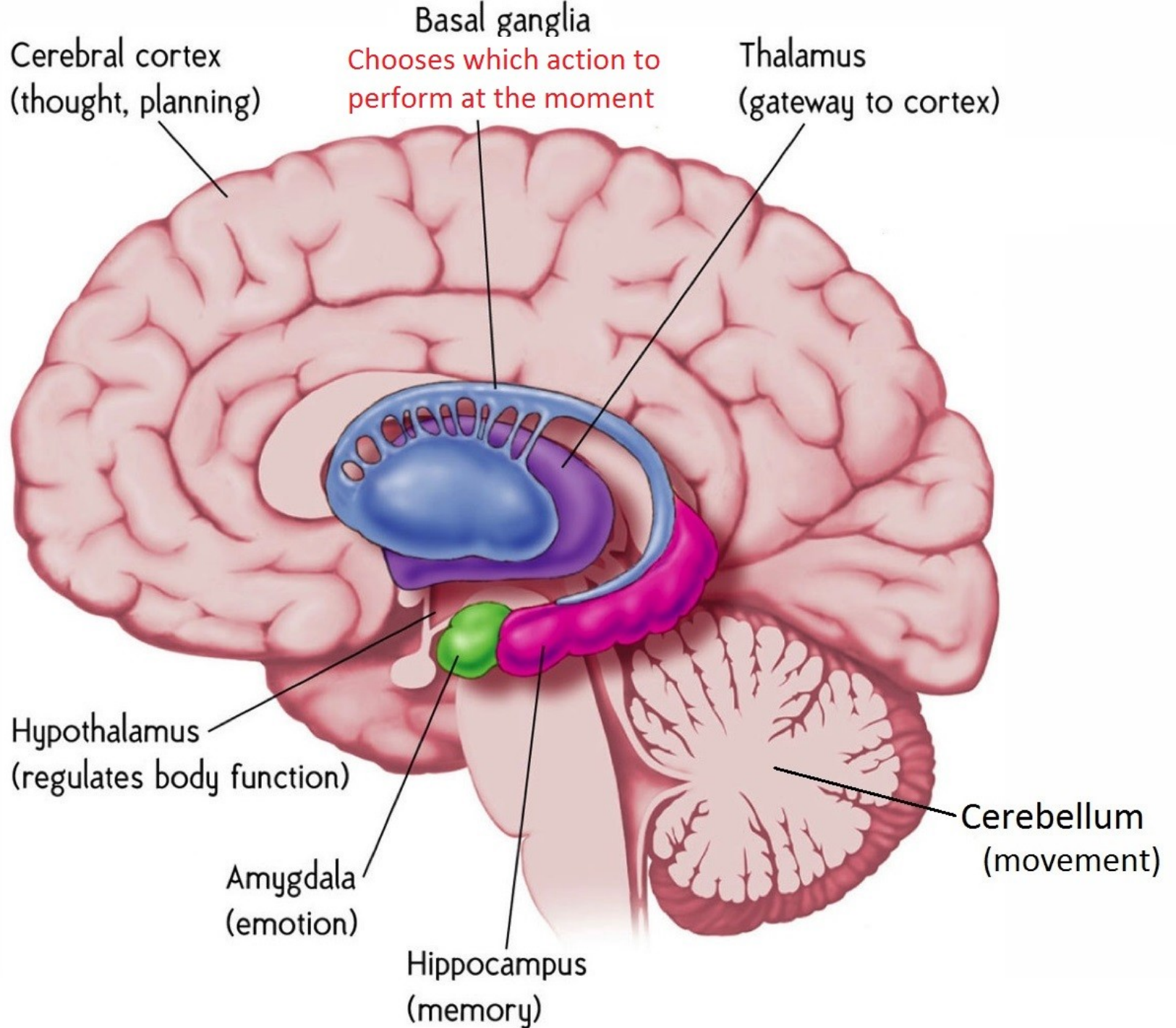
Triune theory - Paul McLean

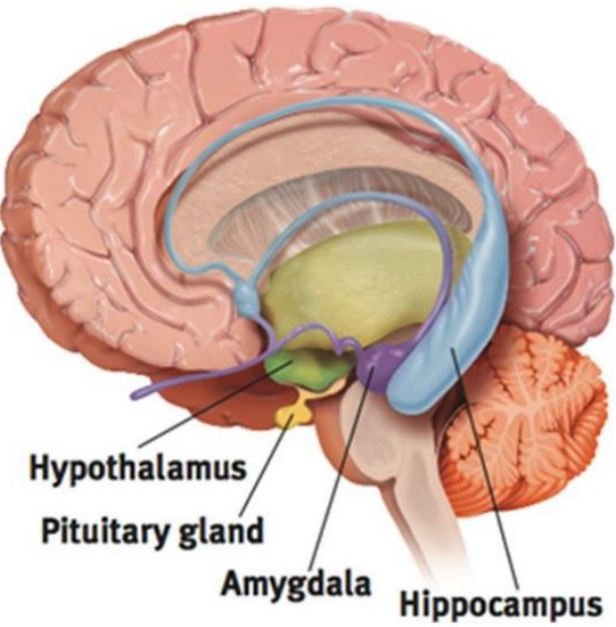
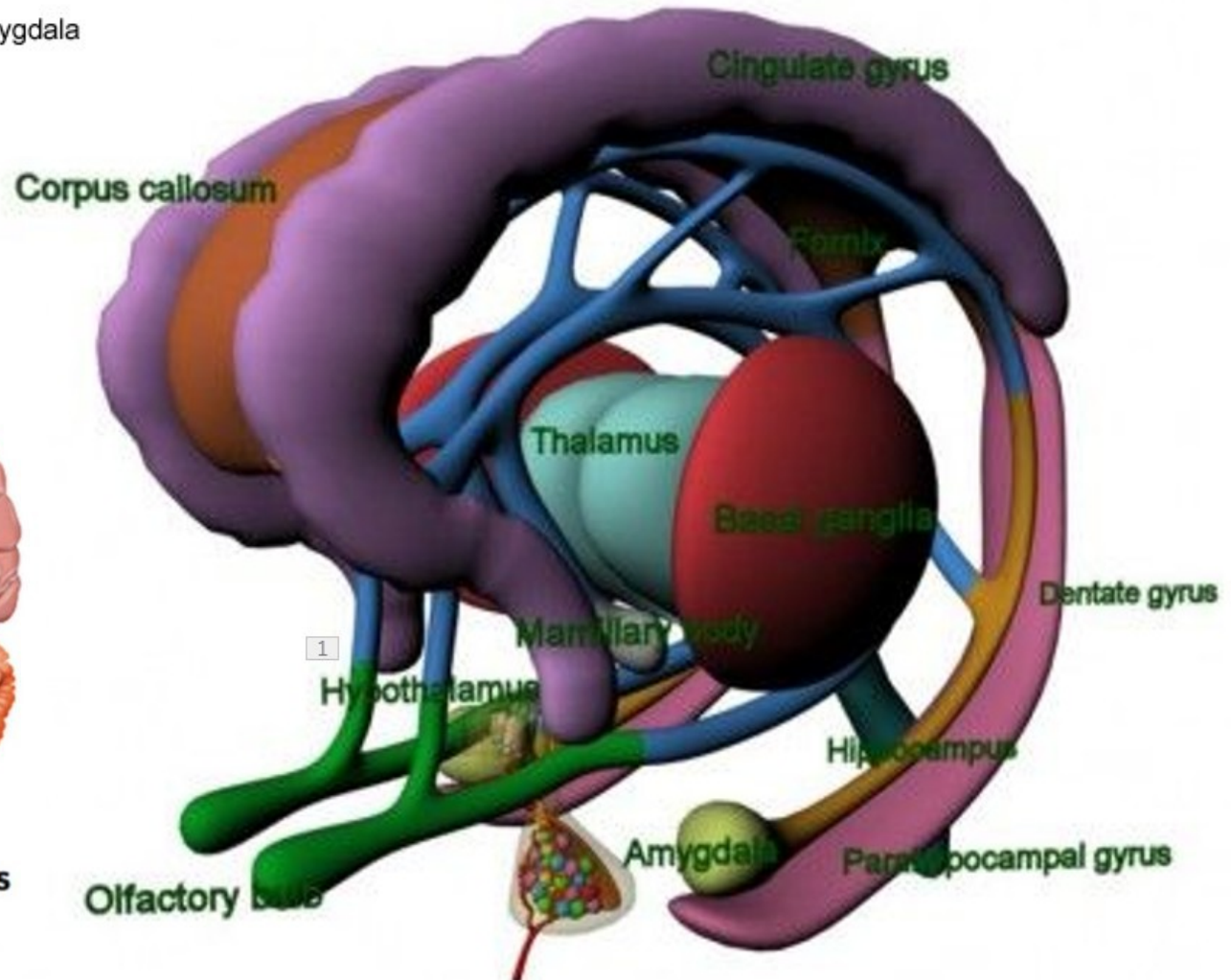
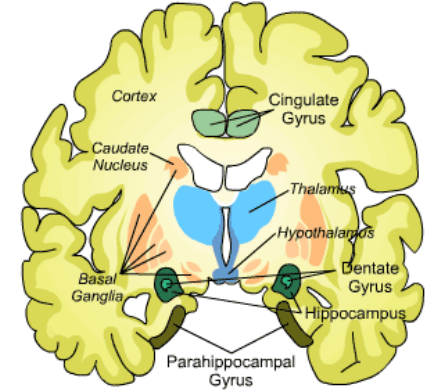
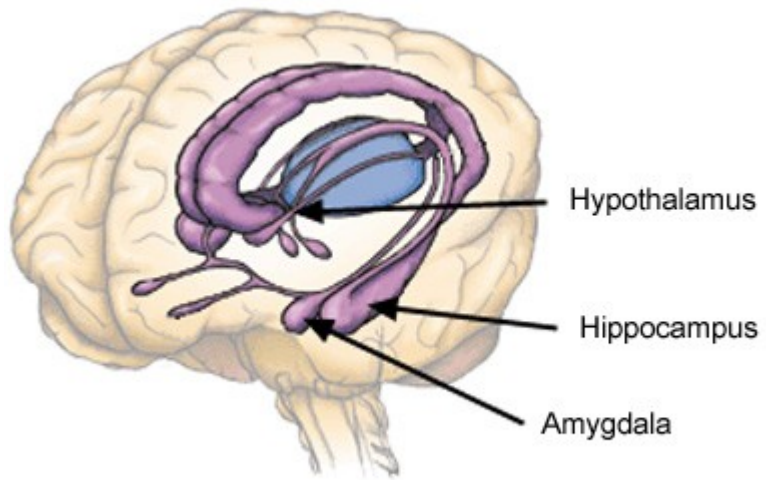
Autonomic Nervous System & Endocrine System

Two systems working together during immediate stress:

- Sympathetic
 - (responsible for expending energy)
- Parasympathetic
 - (responsible for conserving energy)

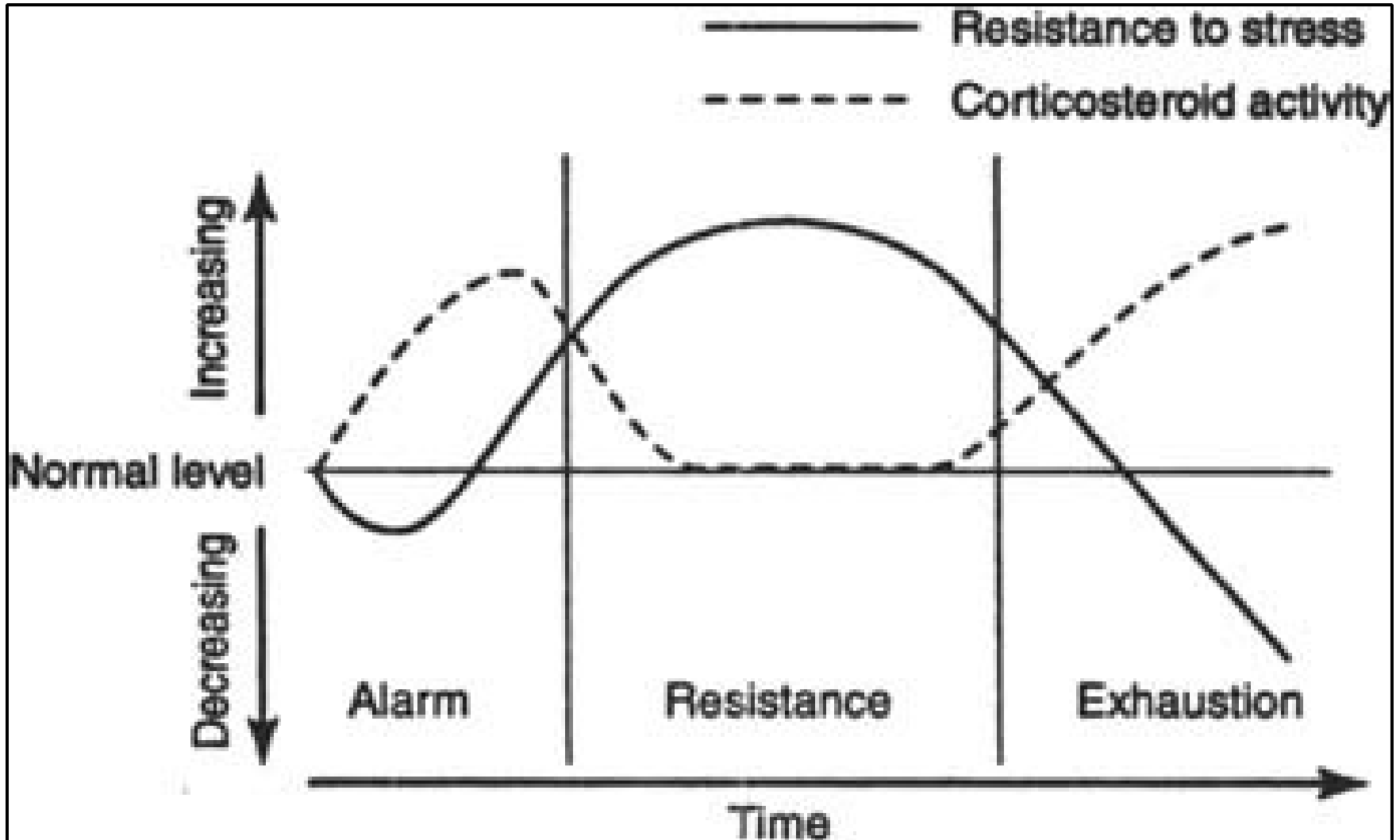






GAS

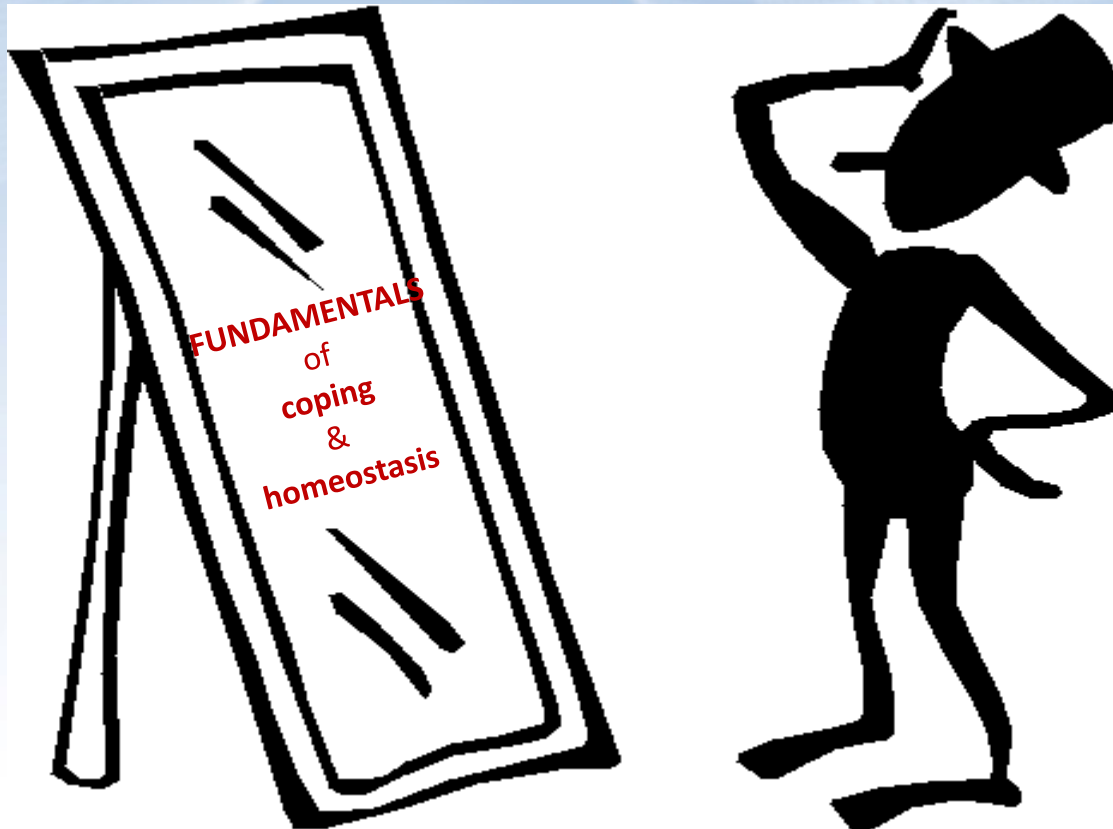
General adaptation syndrome - Hans Selye



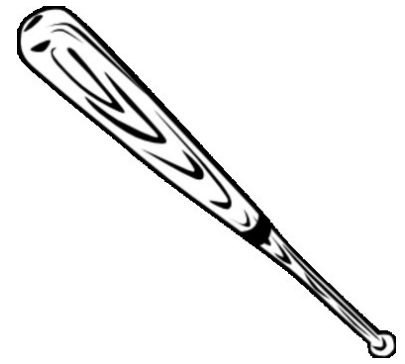
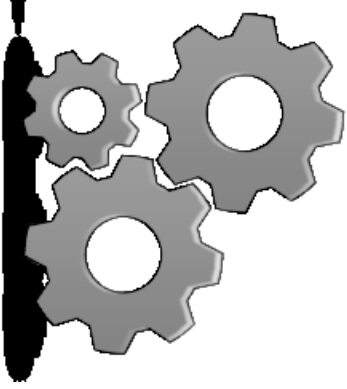
Key words:

- a. neuroplasticity**
- b. generalization**
- c. habituation**
- d. phantasy, imagination**
- e. expectation**
- f. self/reflection**
- g. 'feed-back' and more...**

Self- Reflection



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



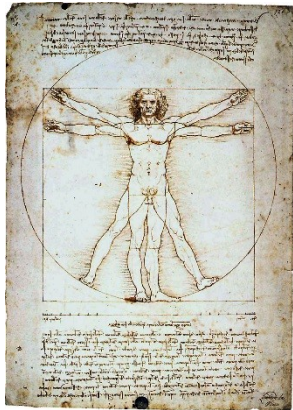
Thoughts

Spiritual
Meaningful

Intuition

Soma

Emotions



Conscious relaxation/concentration

Jacobson's Progressive Muscular Relaxation

Tension - perfusion

vs.



Releasing - perception of the relax. effect



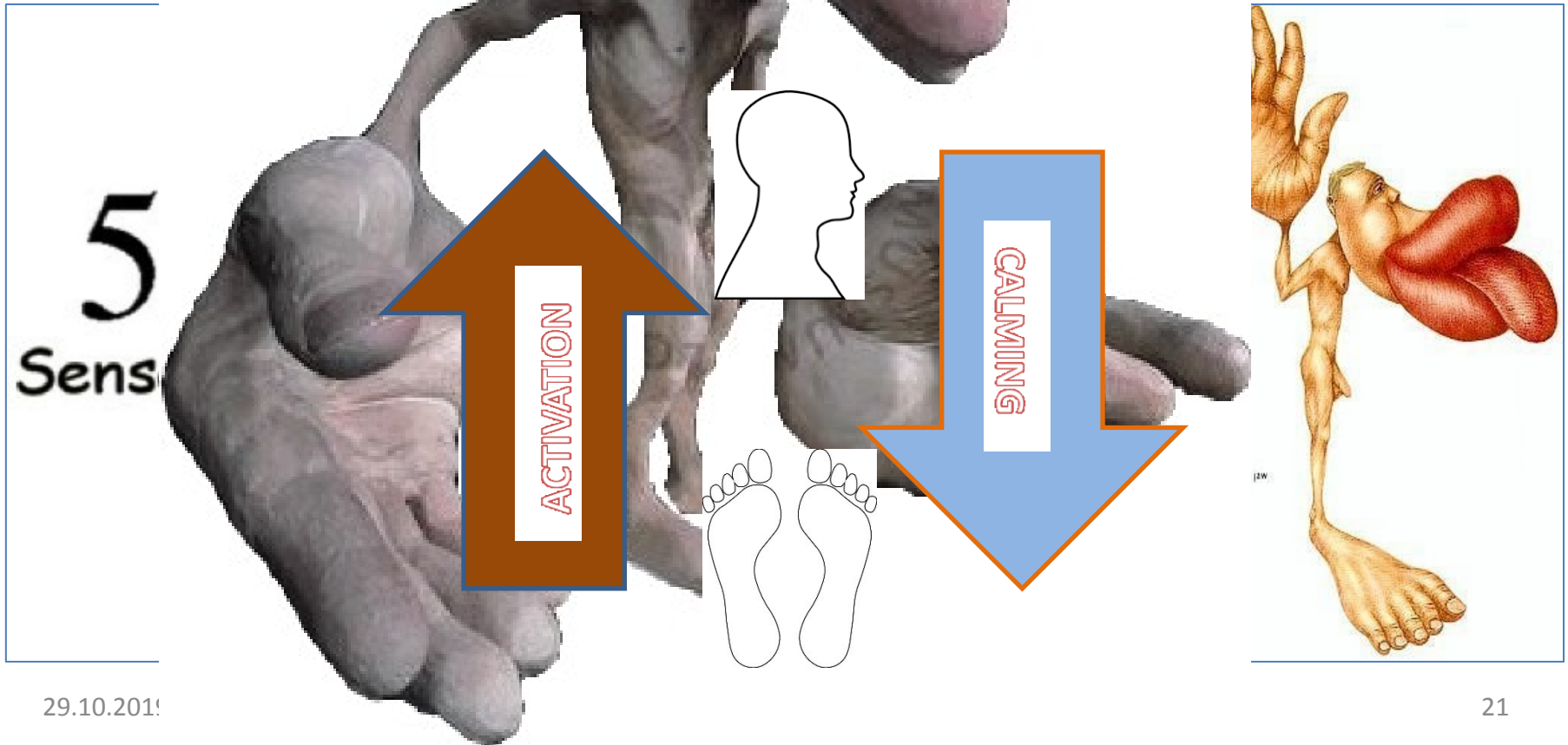
Attention is paid to the contrast

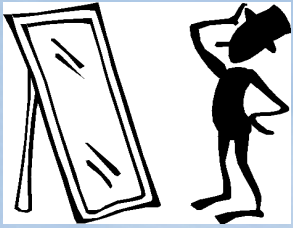
between

tension and relaxation



Conscious relaxation/concentration





Simple questions to improve self-reflection:

WHAT I (REALLY) **WANT** (JUST NOW) **?**

WHAT I (REALLY) **NEED** (JUST NOW) **?**



HOMEOSTASIS & PREVENTION



Dr Ea M S

