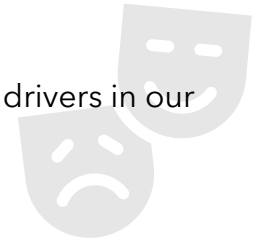


Cultivate: Emotions

Emotions are states which can affect our bodies and minds and are often core drivers in our behaviour.



Models of emotions

There are many models of emotions however most psychologists would agree that emotions share these two components:

1. They influence and can be influenced by our bodily and mental experiences (thoughts)
2. They play a crucial role in motivation and behaviour

Emotion	Bodily change	Thought	Motivation
Anxiety	Heart races Breathing quickens	"something bad is going to happen" Thinking quickens Focus on what is scary/dangerous	Run away Hide Avoid
Sadness	Body weakens Heart slows	Thinking slows Focus on what is lost	Withdraw Rest
Anger	Body tenses Breathing quickens Heart races	Thinking races Focus on what "is not right"	Fight Attack Defend
Joy	Muscles relax Energy and alertness increase	Looseness of thinking and creativity flows Focus on the positives	Play Connect Approach

Emotional states organise our responses

Neuroscience research suggests emotions have a biological basis in the limbic system (see three brain thinking) and come with changes in physiological states in the body. These changes include things like changes in our automatic functions like blood flow and breathing. It is thought that different emotions come with various configurations of experience. For example, when we feel safe and content our breathing, heart rate and thoughts slow down, our attention becomes lighter and our bodies generally feel relaxed and we are motivated to rest and connect.

