



Emotion and Brain

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- 2月17日-3月8日
- 每晚7:30-8:20
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How do you feel when you see this picture?



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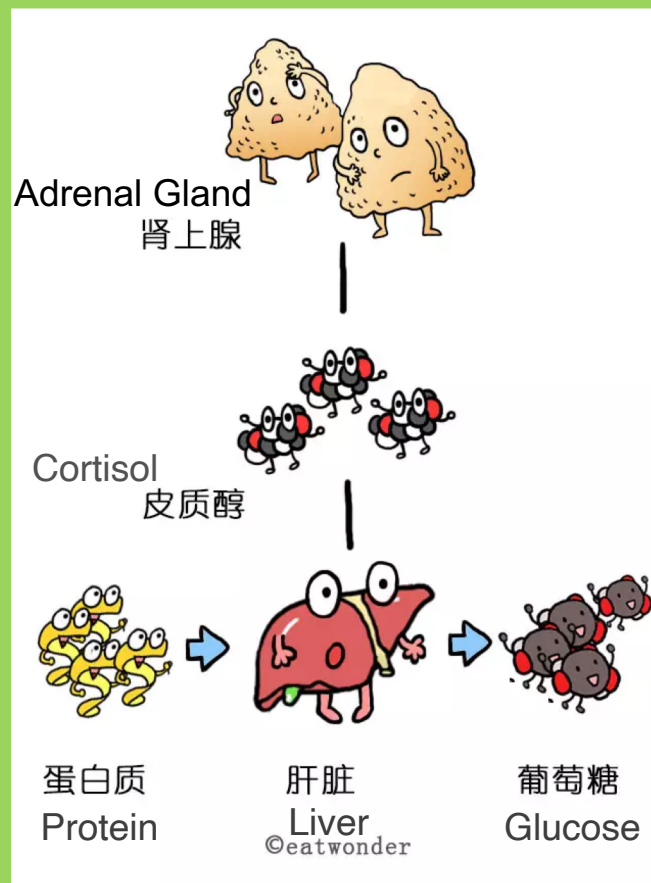


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How our body and brain react to it?



💡 Potential threat



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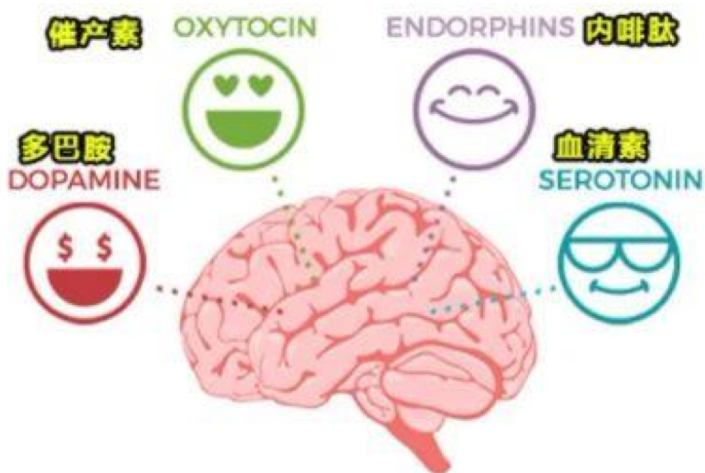


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How our body and brain react to it?



💡 Beneficial Experience



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Where do our emotions come from?

- Our brain neurons are constantly looking for rewards and threats.
- If a reward or threat is found, the sensory areas of the brain will release chemicals to remind us.
- These chemicals are transmitted from the brain to the whole body, and emotions are the products of these chemicals.



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Have you ever encountered a situation where you are too nervous/anxious/angry before preparing to do something, so your brain is blank and you cannot think rationally?

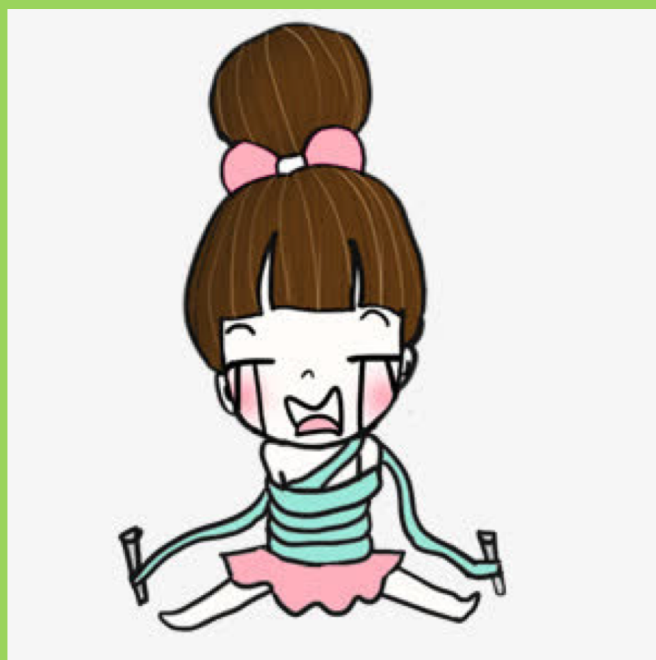


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Our brain is kidnapped by emotions!!!



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Who is kidnapped (by emotion)?

A : Can't eat in a bad mood	B: Can't eat after fitness
C: Smash the wall when angry	D: Communicate with each other when angry



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So how can we prevent our emotions from kidnapping the brain?

At this time, we need to correctly understand emotions and learn to control emotions, so as to better control our brains.



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Polar Bear: Penguin, why are you crying?

Little Penguin: I was scolded by my parents today.

Polar Bear: Why are you scolded by your parents?

Little Penguin: Because I failed the exam, I was already very sad. My parents didn't comfort me, but scolded me. I felt even more uncomfortable now...

Polar bear: Maybe your parents are too anxious. Go home and have a good chat with your parents, don't worry them too much~



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What is the little penguin doing now?

Why does the little penguin cry?

Why does the little penguin feel sad?

What does the little penguin expect from mom and dad?



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Emotion Iceberg Model



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What I've learned today?

1. Where do our emotions come from?
How are emotions and the brain connected?
2. How our emotions kidnap the brain?
3. Emotion Iceberg Model



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Today's questions

-Do you think emotions can be subjectively regulated by us?

-If so, do you have any tips for regulating your emotions?



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Tomorrow we will learn:

1. Why should we manage emotions?
2. Give you some tips to better manage emotions!



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