



Podcast 15

How to leave disruptive emotions & problems outside of the room?

Fluctuating moods, days that are better, days that are worse, are part of the human experience, and that does not spare those who work with groups of people.

We can wake up from bad dreams and have a moody morning, we might be just processing some bad news when our group is scheduled, and we need to be there for others.

What is happening? We are feeling the effects of the so-called emotions.

According to the view of some important scientists like Peter Levine, we can only imagine emotions like a flow of energy, like a fluid.. The flow of emotions is transformed into feelings and body postures, thoughts and expectations.

Can we manage this kind of energy and its effects?

Can we control in mind and body this flow?

the main emotions aspects are:

- emotions happen
- emotions influence the body by causing sensations and the mind by producing thoughts
- emotions affect memory and memory affects emotions
- our parents teach us to feel emotions and manage them
- in similar situations and places, we feel similar emotions
- we can control the effects on the body by feeling them and controlling the breath
- the more we train, the more a process of habituation takes place, whereby we become more and more experienced and aware

Candace Pert was an important researcher in the field of physiology and biophysics, known for formulating an interesting theory on emotions, in which she postulated the existence of a biochemical link between mind and body, proposing a new conception of the human organism as a communication network. It is precisely her studies that have made it possible to verify the link between emotions and physiology, so much so that she has stated that 'this more holistic approach complements the reductionist view, expanding it rather than replacing it, and proposes a new way of conceiving of health and illness, not only to us scientists but also to laymen'.

Emotions and bodily sensations are closely intertwined, in a two-way network in which each can modify the others. Usually this process takes place at an unconscious level, but under certain conditions it can also surface to consciousness, or be brought to a conscious level in an intentional way. Ultimately, memories of experiences with certain emotions, hence memory, and the messengers of our nervous system (neuropeptides) are closely linked.

Several experiments have shown how drugs affect memory, and how neuropeptides, our endogenous drugs, shape our memories. Mood, emotion, and neuropeptides are coordinated to





affect the body and vice versa. It also works well because not all information is important and it is these substances that allow us to exert control over it.

Paul Ekman is an emotion theorist famous for his studies on facial expressions. His research has identified certain expressions recognised by individuals from very different cultures. This suggests that such expressions are a phenomenon of innate origin. It follows that the process of cultural development of emotional experience does not occur in complete freedom, but starts from a predefined predisposition of a biological nature.

Emotions linked to innate facial expressions are called 'basic emotions', a formula that indicates the performance of a basic life function. Basic emotions are a way in which the organism deals with recurring situations such as predator danger or competition for food or a partner. Each basic emotion is characterised by the specific situations that provoke its manifestation, the behaviour that results from it, and the related physiological changes.

Although emotions can also occur in the absence of other individuals, Ekman believes that their role is primarily linked to social situations. According to Ekman, emotions play a crucial role in the development of interpersonal relationships (both in childhood and in courtship) and in the modulation of aggression. He cites the case of sufferers who due to paralysis are unable to make facial expressions or who are unable to manage or recognise emotion-related speech modulation: these individuals have severe difficulties in interpersonal relationships.

Emotions inform our conspecifics about what is happening, and this information concerns both what is going on inside the person, what has happened before, and the possible consequences. From the expression of disgust, for example, we understand the type of sensation felt by the person we are observing, we also understand that they have just encountered something unpleasant to taste or smell, and that they are likely to move away from it in the shortest possible time.

Physical activity helps you get to know yourself and come to terms with your emotions.

There are those who suffer from competition, those who seek it out because they love the adrenalin rush, and those who cannot tolerate it. Emotions in sport are being studied by psychologists who deal precisely with emotional control and the study of the state of mind to improve and optimise athletic performance.

Imagine how many athletes do a lot of work on themselves and how many fail over the years to perform a self-control task to recognise negative emotions and implement strategies to control them. Because it may sound strange to say, but this too is training. Emotion training must be an integral part of an athlete's journey. Good control of what you think is a way to optimise performance. So it is not just about hours of training, cast iron lifted in the weight room or

The training and competition environment, one's emotional and family situation, as well as how we perceive the world around us brings every second of our existence to a head. We are constantly aware of positive and negative emotions and the skill to control, know and recognise them allows us to be better athletes.

