

WEEK 2: FOUNDATIONS EMOTIONS AND NATURE OF WELLBEING

Components of Emotion

Moods

- Duration - minutes to hours.
- Provocation - lowers threshold needed to trigger.
- Modulation - regulation mostly unaffected.
- Expression - no unique nonverbal expressions.
- Awareness - difficult to identify exact trigger(s) causing mood.

Emotions

- Duration - seconds to minutes.
- Provocation - more easily experienced within moods belonging to the same “family”. - Modulation - more difficult to regulate if experienced within mood.
- Expression - universal facial expressions
- Awareness - triggers more easily identifiable

Biological

- Neurotransmitters
- Genetics
- Hormones

Socio-cultural

- Social norms
- Social setting
- Culture

Basic Emotions

- Fear
- Contempt
- Sadness
- Happiness
- Surprise
- Anger
- Disgust



Pictures of facial affect (Ekman, 1976)