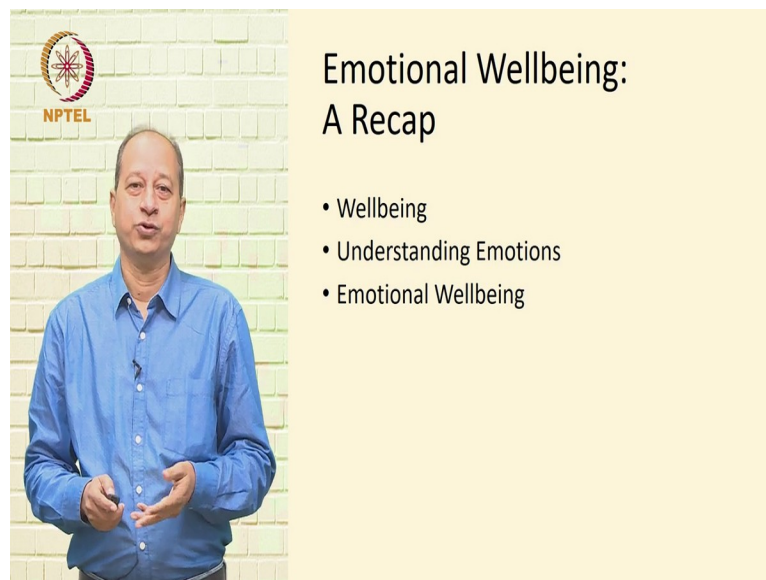


Literature and Coping Skills
Professor Ajit K Mishra
Department of Humanistic Studies
Indian Institute of Technology (BHU) Varanasi
Lecture - 4
Emotional Wellbeing – II

Hello, everybody, Ajit K Mishra, your course instructor for Literature and Coping Skills. I am back again, with a new lecture that is Emotional Wellbeing. If you remember, in our last meeting, I told you all that I am going to talk about emotional wellbeing from a new and different perspective so that we can extend our ideas of emotional wellbeing in a new manner. So, let us start.



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Before I start, I must tell you all that we talked about, emotional wellbeing in our last lecture, understanding emotions, and what exactly we mean by emotional wellbeing. So, when we talked about wellbeing I started with how the WHO has defined wellbeing as a holistic state of happiness and contentment. And then I took you yet further to understanding of emotions. And thereby I talked about basic human emotions, basic theories of human emotion, and a few other things.

Then we switched to emotional wellbeing, where I talked about how emotional wellbeing is perceived, how we need to understand the very idea of emotional wellbeing, and a variety of other things. So, today, I am going to talk about emotional wellbeing from a new perspective. And we are going to focus on these important aspects of emotional wellbeing.

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Emotional Wellbeing



1. Role of Emotions in Our Lives
2. Emotional Processes
3. Understanding Emotions
4. Emotional Awareness
5. Emotion Regulation

The first thing that I am going to talk about today is the role of emotions in our lives, how emotions play such an important role in our lives. The second thing that I want to talk about today is emotional processes, so that we understand how they happen, how they occur, how they arise in us, and what we can do in order to take care of each of them. The third thing that I am going to focus on is, understanding emotions again, but through a different perspective today. It is not going to be the same kind of understanding that I talked about in our last meeting.

The fourth thing that I am going to talk about today is emotional awareness. This is one of the most important things, because this is the thing that is going to help us a lot in our functioning of everyday life. So, it is very important that we get to know we become aware of our emotions. And the last thing that I am going to talk about today is emotion regulation. So, if you look at the whole thing, you will see a distinct pattern and distinct movement from stage one to stage five.

So, first we need to understand how emotions play an important role in our lives, and then we need to understand the emotional processes. And we also need to understand emotions as well. So, that we can develop emotional awareness in ourselves. And this emotional awareness will lead us to proper management of those emotions, proper regulation of those emotions, so that we can control our emotions in a way so that it leads to our wellbeing. So, emotional wellbeing can actually be derived or acquired through these important stages. So, let us start with each of these stages.

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Role of Emotions in Our Lives

Emotions help us:

- Perform important life functions
- Determine the ways in which we think and behave (fight-or-flight responses)
- Motivate to act
- Survive existential challenges
- Determine our decision making
- Develop our interpersonal relationships

The first thing that I am going to talk about today is the role of emotions in our lives. So, the moment I ask you this question, emotions help us and if I asked you to complete this statement, this expression will suddenly begin to think about a variety of things. So, emotions, of course, they help us in a variety of ways. So, you might have forgot a few responses by now. So, let us take a look at some of these responses, I must tell you that these responses are not exhaustive, you can always add to this list, they are very, very indicative in nature, they give us an idea.

The first thing that we can think about emotions is this. So, emotions perform important life functions, life functions, because we are living beings we exist, we have to be functional if we are not, so we become dysfunctional. So, we cannot afford that. So, emotions perform important life functions starting with, you know, mating and reproducing to taking flight from fear protecting ourselves, expressing our concern affection for people around us, and sometimes expressing jealousy, envy a variety of things. So, emotions perform important life functions.

Emotions determine the ways in which we think and behave. For example, the fight or flight responses, I am suddenly faced with a danger. So, I may decide to fight, or I may decide to take a flight. So, go away or move away from that danger. So, in both cases, I am allowing some of my emotions to come into play, so that I can allow myself to be affected by those emotions and act or respond in a certain manner. So, emotions determine the ways in which we think and behave.



The third important thing is, emotions motivate us to act. They motivate us to act, because without emotions, we cannot feel like acting. So, they become driving forces, they have energy fields, so, they motivate us to act. So, therefore, it is important that we understand that our emotions also motivate us to act. The next is, emotions help us survive existential challenges. Because it is very very important for us to survive existential challenges, if you remember, I talked about existential challenges, those five big existential challenges, if you remember them, starting with death, going to a meeting. So, or meaninglessness as well.

So, when it comes to surviving existential challenges, our emotions play a very, very important role they help us do so. So, whether it is, you know, protecting yourself from danger, or responding to a certain situation, so that we can survive, we can protect our existence, emotions play an important role in all these activities. And then, emotions determine our decision making as well, because most often we have heard that do not use emotions while making decisions.

But then, people today believe that emotions play a very, very important role in the decision making process. So, therefore, emotions determine our decision making as well. And then finally, emotions help us develop our interpersonal relationships, we all know that we cannot live alone, I have already talked about it. So, therefore we need to have friends, we need to establish connections with humans around us, and other things as well.

So, when it comes to interpersonal relationships, we actually need our emotions to strengthen those relationships. So, if we do not take care of those emotions, they can also lead to the straining of those interpersonal relationships. So, therefore, emotions help us develop and strengthen our interpersonal relationships.

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Emotional Processes

- The American Psychological Association (APA) has defined emotion as “a complex reaction pattern, involving experiential, behavioral and physiological elements.”
- Subjective experiences, physiological responses and behavioral responses
- Experience → Emotion → Feeling → Expression

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That brings us to the idea of emotional processes. I have already told you that emotional processes are very, very important to our understanding of emotions, they are important in our lives, and their relevance to our emotional wellbeing. So, therefore, it is important that we understand emotional processes very, very well. So, I have used a definition from the American Psychological Association, which has defined emotion as a complex reaction pattern involving experiential, behavioural, and physiological elements.

So, these three elements are very, very important for our understanding of emotions. And before that, let me tell you that it is a complex reaction pattern. It is a very complex reaction pattern because most often it eludes escapes our understanding. So, that is why it is a very, very complex reaction pattern, because it involves so many components, the experiential, the behavioural, and the physiological elements as well.

So, since it passes through various stages, it involves various elements or components, it becomes complex. And it is a reaction pattern, because whenever we experience an emotion in us, that leads to a kind of feeling, and then that leads to some kind of reaction or response. So, therefore, it is important that we understand the emotional processes well.



The second is subjective experiences we will know physiological responses and behavioural responses. So, when it comes to subjective experiences, physiological responses and behavioural responses, we need to understand how our emotional responses, in fact pass through these distinct stages can be a subjective experience.

I come across an experience that leads to some kind of emotion in me, and then leads to some kind of feeling in me. So, that is purely subjective, the way I approach, the way I understood it, there are certain physiological responses as well, that are very natural, that are very spontaneous, because I do not have to do much about it, because we have a system that responds spontaneously to certain stimuli.

And then there are behavioural responses as well, we need to understand that when it comes to the final response stage, it is the behavioural responses that matter the most, the way we respond, the way we behave, or the way the emotions change our behaviour. So, that is how we come to the idea, the whole cycle, the movement, it all starts with an experience that leads to the arousal of a certain kind of emotion.

And that emotion generates a certain kind of feeling in us. And that feeling requires that we express our experience. So, from experience to expression, that is how emotional processes take place.

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Subjective Experiences

- Humans express basic emotions regularly
- The experiences that produce them are subjective

Physiological Responses

- The autonomic nervous system (ANS) - reciprocal or inhibitory effects
- Sympathetic Nervous System (SNS) regulates our fight-or-flight response and Parasympathetic Nervous System (PNS) restores the body to a resting state

Behavioral Responses

- Expression of emotions
- Behavioral responses are vital to the wellbeing of individuals

I can explain subjective experiences in greater detail, because it is very important that we understand each of these three different types of responses or experiences. So, we humans experience basic emotions quite regularly, we cannot stop them from happening to us; therefore, they are so basic to us. At the same time, we also express those basic emotions regularly. And these experiences that produce those basic emotions are in fact subjective. So, therefore, we cannot take our eyes off the subjective experiences.

And then we come to the physiological responses. So, that is exactly where the neurological aspects also come into play. The autonomic nervous system which is very popularly called the ANS system that is very very reciprocal or inhibitory effects. It is a combination of reciprocal and inhibitory effects, because it responds automatically, I have already told you that there is a spontaneous response mechanism, when it comes to physiological responses.

For example, you suddenly come across a ferocious tiger that will definitely lead to the raising of your heartbeat that might also lead to sweating and a variety of other things. So, when that happens, we know that the autonomic nervous system is a functional is acting. The autonomic nervous system has two different sets of nervous systems. The first is a sympathetic nervous system, SNS, this regulates our fight or flight response.

That means the sympathetic nervous system suddenly gets focused on the stimulus and that leads to some kind of arousal or emotional arousal in us. So, therefore, it regulates the fight or flight response in us. On the other hand, the parasympathetic nervous system the PNS restores the body to a resting state. For example, when the sympathetic nervous system is active, or it gets activated suddenly, that leads to a variety of physiological changes in us that may be the racing of heart palpitations, sweating, and a variety of other things.

But the parasympathetic nervous system helps us cool down or return to a resting state, or helps the body return to a resting state. That means when the parasympathetic nervous system is activated, that will definitely help us relax, calm down. So, that our heartbeat, our anxiety level, all these things come down. But the question is, when the parasympathetic system is not activated, and we continue to be in the SNS mode, the sympathetic nervous system mode that will lead to a lot of problems we will continue to experience anxiety, palpitations, sweating, heartbeat, and a lot of other things as well.

So, therefore, it is important that we understand these physiological processes related to emotions. And then we come to behavioural responses, I have already told you all that, when it comes to behavioural responses, it has to do with the expression of emotions, how exactly we express our emotions.



So, we all know that we express our emotions in a variety of ways. So, we may be angry, but we may not express anger, in a certain fixed manner, we may express anger in a variety of ways. So, what kind of behavioural response we choose depends a lot on how far we have

been, or how successfully we have been able to take note of our emotions. So, these behavioral responses are vital to the wellbeing of individuals to our wellbeing.

So, that is exactly where our wellbeing rests, our wellbeing rests on our behavioural responses. So, we are going to experience emotions, because those emotions will be aroused in us, we cannot stop, we cannot help it. But when it comes to responding to those emotions, expressing those emotions, we need to take utmost care, otherwise, that lead to problems.

And that is the reason why people who do not know how to express their emotions properly or well they always run into troubles, they have strained relationships, they lead a very dejected life, a bad social relationship and a variety of other things. So, that causes problems for them.

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Understanding Emotions

- Emotions are energy fields; they drive us
- Emotions have serious implications for our mental and physical health
- Emotions are fundamentally constructive, but they can also be destructive when they escape our understanding
- Being in touch with our emotions is the first step towards emotional awareness

Therefore, it is important for us to understand emotions. So, we have moved from these emotional processes to our understanding of emotions, it is important that we understand how emotions play a very significant role in our existence in our lives in everyday life, and how we need to take care of those experiences those feelings, so that we know how to exercise restraint over our emotions.

So, in order for that to happen to us, we need to understand emotions very, very well. So, this understanding of emotions is an extension of the understanding of emotions that I talked about in my last lecture. So, let us take a look at this. So, it is very, very clear to all of us that

energy fields, emotions are energy fields, they drive us the moment, a certain kind of emotion is aroused in me, I can experience that energy in me.

So, whether it is an emotion that has a positive valence, or an emotion that has a negative valence, irrespective of the valence, irrespective of its kind, whether it is positive or negative, the moment an emotion is aroused in me, I can experience that energy. For example, if I am angry, I will feel like hitting people, beating them, bashing them, throwing things and do a lot of things, because I can experience that energy in me.

Similarly, if the emotion of love is aroused in me, I will feel like doing things for people, caring for them, and a variety of other things. So, both ways, whether it has a positive valence or negative valence, both ways, emotions play a very, very important role because they drive us, therefore their energy fields. And there is no doubt about this particular thing, that emotions have serious implications for our mental and physical health.

If we do not know how to take care of your emotions, because we do not even understand our emotions, that means we will have a poor emotional management system. And that will definitely result in poor mental and physical health. Poor mental health may lead to sleeplessness, anxiety, depression, and a variety of other problems. And once we are faced with these problems that will definitely affect our physical health as well.

So, there is no doubt about it that emotions have serious implications for our mental and physical health. So, emotions are fundamentally constructive. And that is one of the finest things about emotions, they are fundamentally constructive. If you remember, I talked about how we humans are designed in a manner evolutionarily that we always want to return to the Safe Mode, we do not want to be in the survival mode for long.

So, and I cited an example, if you push somebody into water, suddenly, the person will not stay quiet, the person will definitely flounder his or her hands to move out of that problem and danger. So, that is one of the finest things about us that we always want to return to the safe mode, so that we can feel relaxed, happy and contented. Similarly, emotions are also fundamentally constructive; they help us construct our lives in a certain manner, positively.



But then the problem is they can also be destructive, and we all know that our emotions, the same emotions that can make us can also destroy us. So, therefore emotions can also be destructive. So, therefore, we need to understand emotions well, whenever our emotions tend

to become destructive, that means we have not been able to understand them well. So, therefore, that is a problem.

And then, being in touch with our emotions is one of the finest things, one of the best things that we can do with ourselves. So, that we are constantly in touch with our emotions, because that is the beginning of our emotional awareness. So, emotional awareness, I must tell you all that is a wonderful thing. It is such an important thing that we all need to cultivate.

So, emotional awareness is something that will help us take note of our emotions, understand them, observe the emotional processes, and then devise certain strategies through which we can regulate or manage our emotions. So, if we know how to manage your emotions, then that will be the best thing to happen. And management of emotions cannot happen until and unless we become aware of our emotions. So, therefore, it is important that we are constantly in touch with our emotions.

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Emotional Awareness

- Plays an important role in the cycle of survival
- Forms the core of our wellbeing
- Determines an individual's level of emotional functioning
- Helps us deal with repressed emotions by bringing them into our awareness

Low Awareness → survival, burnout
High Awareness → performance, recovery

So, emotional awareness is one of the most important things because it plays an important role in the cycle of survival. You all know by now that we always struggle, always this cycle of survival, because we have to survive. There are various other factors that are there to challenge our survival.

So, therefore, it is important that we learn how to survive. So, our emotional awareness helps us in the cycle of survival. For example, I know that love is important in my life, because it will lead to procreation and the preservation of my species. I know that fear is equally

important, I must be afraid of dangerous, so that I think of protecting myself. And I can preserve myself, my existence my species.

So, when it comes to survival questions, emotional awareness becomes very, very important. Even when it comes to the question of taking note of those emotions that are distressing me, that are disturbing me, that are challenging my very existence. It can be anxiety, stress, depression, and a variety of other things. We all know about those disorders, those mental disorders that can quickly challenge my survival.

So, therefore, it is important that we develop emotional awareness. Because it also forms the core of our wellbeing. If I am emotionally aware, I can ensure my wellbeing because I know what it is. And we all know that knowledge or information reduces uncertainty, until and unless I am aware of my emotions, I will continue to be uncertain about those. And the moment I become aware of my emotions, that uncertainty will gradually disappear.

And once that disappears, my wellbeing will be insured. The third is emotional environments determines an individual's level of emotional functioning. We all know by now, that we are emotional beings as well. So, we have a physical state and an emotional state as well. So, this physical state requires that we keep fit physically. Similarly, the emotional state also requires that we keep fit emotionally. So, that our emotional functioning is regulated becomes proper, it does not lead to problems.

Otherwise, it will be dysfunctional and will definitely lead to problems. So, emotional awareness also helps us deal with repressed emotions. Because if once we became aware of those things, or we can bring those repressed emotions back to our awareness and deal with them. So, it is all about dealing with emotions regularly, so that those emotions do not begin to disturb us or distress us.

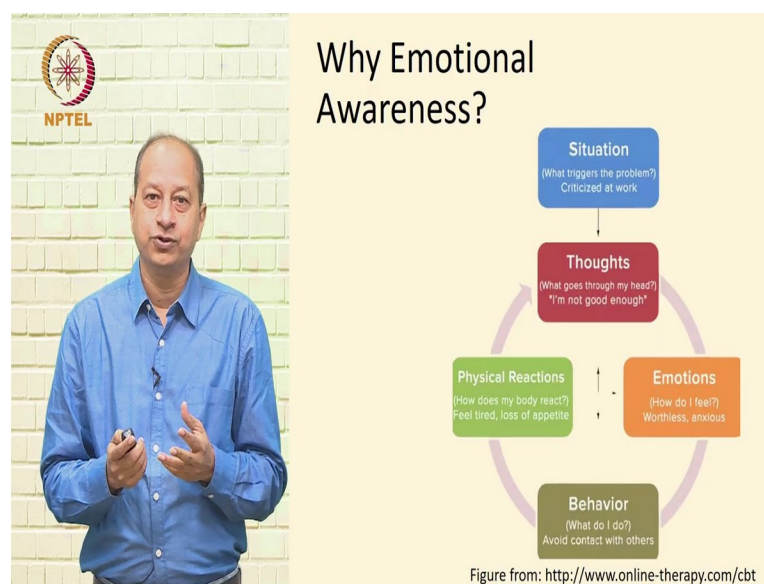
So, if I have emotional awareness, I can deal with even those repressed emotions, which I may not be aware of otherwise, I can deal with those emotions. Otherwise, those repressed emotions will come up to disturb me to distress me. So, that is, that is the reason why it is important that why become emotionally aware. This is a very, very important thing. It has been found, and it has been established through research that if somebody has low emotional awareness, the person runs the risk or the danger of remaining in the survival mode.

That means we will continue to experience those disturbing and distressing emotions. And you will not be able to come out of those situations, you will always find yourself in the survival mode. And that will also lead to burnout. You will run out of energy and you will feel as if you are useless. Your life is waste, and that will lead to various other problems as well. So, therefore it is important that we always aim at developing high emotional awareness.

Because that ensures performance or wherever you find yourself in, in challenging situations, your performance is going to rescue you, your performance is going to help you come out of that and survive those challenges. So, if you have high emotional awareness that will lead to performance and recovery. So, you can quickly spring back to the Safe Mode after recovering from the survival mode.

So, your recovery depends a lot on the level of your emotional awareness. If it is high, the recovery rate is also high. And the performance level also goes up, peaks. If your emotional awareness is low, you will always struggle in the survival mode, you will experience a burnout and a variety of other problems. So, therefore, emotional awareness is important.

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Just to explain why emotional awareness is important, as an example, you can see we always start with a situation. For example, the situation is you are criticized at work. The suggestion is, the thing that triggers the problem that pushes you to the survival state. So, the situation for example, in this case, the situation is that you have been criticized at work. So, that particular experience will lead to some thoughts in you.



So, this can be one of those thoughts that you may have, that I am not good at work. I am not good enough, I am useless. So, when that thought or that thought arises in you that will lead to some kind of emotion. So, you can question how do I feel? The answer maybe I feel I am useless, worthless. And I feel I am anxious, I am stressed and variety of the other things. And that particular feeling will lead to some kind of behaviour. If you remember, I have already talked about all these things.

So, what do I do now? I will avoid contact with others, I will withdraw, I will not participate. And then that will lead to some physical reactions as well. You will experience burnout syndrome, even loss of appetite, you will feel dejected and you will not feel like doing anything, you will suddenly experience a total loss of energy and that will lead to a vicious cycle. Therefore, emotional awareness is very very important. One can always, you know, renarrate the entire story and change the plot.

So, therefore, it is very popular to say that change your narrative and change your life. So, you can easily change this particular thing and saying that okay I have been criticized at work, the thoughts can be modified, why was I criticized, was it a single instance or it is a regular happening, you need to, you know, think about that particular experience in a different or through a different perspective.

And if that happens, that will lead to different kinds of emotions. And if we have different kinds of emotions we may have different types of behaviour. And that will lead to certain kinds of physiological responses as well. And those physiological responses may not be as dangerous, distressing as these ones. So, therefore, it is very important that we become emotionally aware so that we can break this vicious cycle from taking place.

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Emotion Regulation

- Because of the dynamic nature of human emotions and the pervasive role they play in all experiences, emotion regulation skills are fundamental to everyday functioning.
- Ability to respond to and manage emotions
- Catharsis - plays a significant role in relieving symptoms of distress. (Emotional and Cognitive components)
- Catharsis (cleansing) to bring about positive changes in the individual's life

That brings us to the idea of emotion regulation, this is also alternately referred to as emotional or emotion management. So, emotion regulation is the best things that we can do to ensure our emotional wellbeing, to take care of ourselves. So, this is one of the biggest reasons why emotion regulation or emotion management is so important. Because of the dynamic nature of human emotions and the pervasive role they play in all experiences, emotion regulation skills are fundamental to everyday functioning.

I have already told you that we are functional beings, we are either functional or dysfunctional, dysfunctional means we do not exist, we are as good as dead. So, we cannot do that, therefore, we are functional beings. So, in order to continue as functional beings, in order to ensure everyday functioning in a proper manner, it is important that we understand the nature of human emotions. Emotions are dynamic, and they are pervasive.

They are dynamic, they keep changing, I may be happy now, after 30 minutes or an hour, I may be sad, I may be crying, I cannot ensure that will continue to be happy, forever. I may be sad now, maybe the next moment I will be angry. And the next moment I will be jealous. So, that is the reason why emotions are so dynamic in nature. So, when something is so dynamic in nature, it is not an easy task to manage those things, but we need to manage through awareness, we need to regulate.

But this can happen when we understand that emotions are dynamic in nature. And we also need to understand that they are very pervasive in nature, they are so powerful. And that is the reason why I call them energy fields. They are so powerful. And when something is very

very powerful, I mean, so forceful, it requires a great amount of strength, to control, to check. In this case, you need a great amount of mental strength to check the pervasiveness of your emotions, the dynamic nature of your emotions.

So, once we do that, once we begin to do that that is what we mean by emotion regulation or emotion management, because that will lead to the cultivation or development of an ability to respond and manage emotions, to respond to those emotions and manage them. Now we are able, I am able, I know how to manage my emotions, I know that I will also have disturbing emotions, I cannot guarantee or ensure that I will continue to have positive exhilarating emotions, that may not happen.

I may also have disturbing and distressing emotions, and I should be prepared for those emotions, that preparedness will be acquired once we know, once we become aware and this is a very famous emotion regulation strategy, catharsis. You might have heard about catharsis, it is become a catchphrase now people use the word catharsis in everyday transactions so popularly that like narrative, the word catharsis has promptly moved into popular lingo.



But we need to understand catharsis from a different perspective. Catharsis as we know occurred in the writings of the great Greek philosopher Aristotle. But we are not going to talk about catharsis from that perspective; we will focus on catharsis for its importance or relevance to our understanding of emotion regulation. We all know that catharsis plays an important role in relieving symptoms of distress.

What exactly is catharsis? It is the progression of excessive emotions purification; it is also alternately called cleansing, although many people prefer the idea of purgation or purification. So, purgation or purification means the excessive emotion that has become pervasive in us needs to be released safely, so that we can allow our PNS parasympathetic nervous system to help us relax and calm down.

Catharsis has two very important components, emotional component, because it helps us you know, experience your strong emotions and release them or express them, it has an emotional component. Similarly, it also has cognitive component because catharsis also helps us develop an insight into that particular experience. And that is exactly what we take away with us. That is a takeaway.

We develop an insight into one particular experience. So, therefore, catharsis is very very important. Catharsis, as I have already told, cleansing, it leads to positive changes in our lives. Because catharsis will mean that your PNS system is activated, and you are fast, returning to your calm state, resting state, fast, rapidly, that means you are recovering, you are quickly returning to a safe mode. So, therefore, catharsis is very, very important.

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Emotion Regulation: Strategies

Emotion Generation Process:

- Situation: An emotionally relevant situation (real or imagined).
- Attention: attention is directed towards the emotional situation.
- Appraisal: the emotional situation is evaluated and interpreted.
- Response: an emotional response gets generated, altering experiential, behavioral, and physiological response systems.

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I will quickly take you through the idea of emotional regulation, and the strategies that are involved in the process. There are two aspects to it. The first is emotion generation process, we always come across a situation it can be a real or an imagined situation, I may have a thought of danger in my mind, and I may experience a certain kind of fear in me, I may have a thought of love affection, in my mind, I will experience a certain kind of emotion, or it can be a real situation. So, situation leads to the generation of emotion.

And that requires our attention. So, the moment we come to the situation mode, that means our attention is also required. So, if it is positive kind of situation, I mean a situation that generates positive emotion in me that will definitely require a positive attention from me. If it is a negative kind of situation, then that requires negative type of approach, but then, when it comes to adopting a negative approach to a certain situation, that may lead to problems as for the individual, and for people around you.

Therefore, the appraisal state is very important. Because that is exactly where we evaluate and interpret that particular emotional situation. Stage one, emotional situation, we begin to evaluate that situation and then try to interpret, try to make sense of it. And that brings us to

the response stage. So, the response stage makes it that an emotional response is generated. And that alters experiential, behavioural and physiological response systems as well.

And interestingly, the response state also leads to the situation state again. Therefore, it starts from the beginning again, because, for example, if your response is one of, you know, harm, or anger, it will again return to the situation state and lead through all these stages in a different way. So, therefore it is important that we understand.

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Emotion Regulation Strategies:

- Situation selection
Dis/engagement
- Situation modification
Alteration
- Attentional deployment
Distraction, rumination, worry, thought suppression
- Cognitive change
Reappraisal, distancing, humour
- Response modulation
Expressive suppression, drug use, exercise, sleep

And now we come to the emotion regulation strategies. The first is situation selection, we can select the situation. For example, if the situation is a challenging one, emotionally challenging one, you can prefer to disengage. But disengagement is a mal adaptive approach. It is not an adaptive approach you are disengaging from that situation. So, the situation will disappear for a moment, but it may return to haunt you.

So, you can also think of engagement with that situation. The next is situation modification, in which you can think of altering the situation. So, that you can take away some of its intensity, for example, the moment you realize that something is leading to some kind of conflict, you can suddenly alter that particular situation by bringing in humour by taking away the attention of people to something else. So, that can so most often people say let us change the topic.

If the topic is turning out to be a challenging one, you can change the topic so that is an alteration. So, this is an adaptive approach. It is not a maladaptive approach. Then attention

deployment, attention deployment passes through various stages it can be distraction, you may distract, for example, a particular type of emotion is disturbing you, you may take your attention off that emotion, you may distract yourself so that you are not disturbed.

But distraction is not going to help in the long run because you will have to come to face to face with that emotion. Then rumination, rumination is an excessive focus on that particular emotion and its effects. So, rumination is very, very mal adaptive in nature, worry we all know, it is also mal adaptive, thought suppression that is also maladaptive you, you are going to suppress your thoughts.

So, all these deployment strategies can be extremely mal adaptive. Therefore, we need to understand that we develop certain strategies that are adaptive in nature. So, what exactly can we do? Because these are, these are natural responses, we try to distract, we try to ruminate, we get worried, and we try to suppress our thoughts. But then this is something that helps us develop certain positive and adaptive strategies.

Cognitive change, starts with reappraisal, we can re appraise the entire situation, for example, your friend was angry. And when you met your friend, he uttered certain harsh words to you, and even like that. So, you might think that that is the end of your friendship, you become angry with your friend, how can he say that to me? If you appraise that might lead to problems, you will give yourself some time and reappraise that situation.

The first question that you can ask here is, why did he say that he never talked to me in that manner, then you begin to reappraise the entire situation, he must have been passing through an emotional challenge, some kind of disturbance, then, you can also recall your wonderful days that you spent together and a variety of other things. So, reappraisal always helps you develop an insight into problems.

Even distancing, you distance yourself from that challenging moment situation, you get some time to think about it from different perspectives. And then I have already told you that humour can play a very important role in defusing the negativity of a situation or negative emotions, distressing emotions. And then we come to the last one that is a response modulation, the last strategy response modulation.

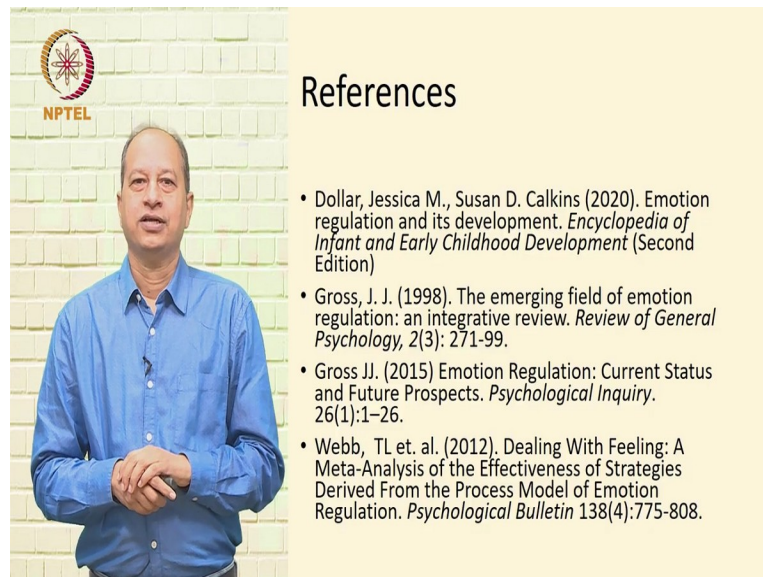
So, there is one type of response modulation, which is not an adaptive one that is expressive suppression. So, you go on suppressing your expressive need, your expressive desire, there

are people who also you know, quickly go to drug use, because they think that drug is going to nullify, numb my senses, so that I will not experience any disturbing and disturbing emotions, but these two are mal adaptive practices or approaches.

The next two exercise and sleep are adaptive practices. So, exercise helps us overcome it can be you know, exercise of any kind, it can be breathing exercise, it can be yoga, meditation, mindfulness, meditation, heart fullness, meditation in a variety of things. So, it can be an exercise that will help you, you know, return to your body, reflect on your body, your mind, so that you can return to your safe mode, and then sleep we all know is a wonderful revitalizer.

So, that can be an adaptive response modulation. So, these are some of the strategies that people generally adopt in order to regulate or manage their emotions. These ideas are based on a very famous process module that was developed by James Gross and he in fact informed us, how we can develop certain regulation strategies, so that we can take care of those emotional challenges.

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So, that is how we come to the end of our discussion of emotional wellbeing. And I hope you might have liked this discussion. And I must also tell you all that emotion is such a huge area in itself, that we cannot cover it in just one or two lectures. But then I have tried to focus on all those important aspects or components of emotion, so that you come face to face with emotions, how they affect our lives, and how we need to regulate or manage those emotions, so that we can ensure our wellbeing.

So, in my next lecture, I am going to talk about personality so that we get to know how we as individuals, approach these issues from a different perspectives. So, thank you very much for joining me.