

Emotions, Stress and Health

PURPOSE OF PRESENTING THE VIDEO CLIPS

Emotions influence our behavior and attitudes towards different events occurring in the course of our life. The video clips helped to present various psychological concepts applied to our everyday life. The links between emotions, feelings and actions are also greatly emphasized in the clips. In the Argentinean movie, the protagonist is able to introduce and bring out these transitions in the use of psychological concepts. This clip reflects sorrow and grief portrayed by the people in the streets. Anger leads to an emotional burst, which is followed with remorsefulness during the sending off dances. Crying, frustration, demonstrations and screaming among the multitude that are shown in the clip exemplify emotions brought by social ills against them. The video brightly demonstrates how the connection between different emotions works.

In the video titled *Events in Our Life*, the father and the son are in disagreement over the career choice of the latter. The video outlines the role emotions have in shaping our feelings that result in our actions. Particularly, anger and frustration are manifested after the boy insults his father. In the video *Expressing Emotions*, guilt is manifested when the father realizes the son has a talent; regret makes him leave the dancing hall. A viewer sees a son's happiness and satisfaction while he is dancing. The Indian movie employed dancing to relieve tension. The instrumental clip showed how behavior can help in reducing emotions and frustrations. The Chinese movie makes a viewer understand how behavior can influence our actions. The weeping in the last show and the reunion with the foster father showed significance of emotions for making important decisions.

RELATION OF THE CONTENT OF THIS LECTURE TO MY PERSONAL EXPERIENCE

The lecture was very informative since it provided the basis for understanding how emotions and feelings influence an individual's behavior and daily activities. It helped me understand the underlying reasons of my anger and showed the way I am able to hold it to avoid negative actions. It also encouraged me to adopt positive thinking and be able to understand other people's opinion about a situation to enhance making optimal decisions. Besides, I have learnt that some of my occupations are crucial for relieving tension and stress: for instance, my involvement into dancing helps me reduce the workload stress. The lecture depicted the role external factors play in ensuring satisfaction and happiness in my life. I have also learnt to pay attention to showing emotions, particularly, using facial expressions – they are important for influencing other people's attitude to us.

The lecture encouraged me to integrate some social skills, such as empathy to others, when communicating my decisions and perceptions to a particular group of people. Having seen the story of the father and the son, I understood the importance of listening to the others' positions when making decisions that concern the people around me. Negative thinking towards each other resulted in a terrible confrontation. The lecture also made me revise my behavior in the work environment. It encouraged me to build relationship with people in order to remain happy and satisfied with the job. In addition, persistence and optimism in my professional life will favor the achievement of my career goals. Finally, I learnt to apply tension-relieving activities in my life to mitigate the negative impact of the environment on my personal and professional life. Emotions

play a huge role in influencing our decisions and behavior, and that is why it is important to maintain the right emotional balance.