



Applying Neuroscience to Emotion & Stress Management

神经科学于情绪与压力管理的应用



Elise Zhu

Brain Coach

Optimize Brainpower & Maximize Performance

- Founder of NeuroEdge
NeuroEdge创始人
- Founder and author of WeChat subscription account “玩转大脑BrainHacker”
微信公众号“玩转大脑BrainHacker” 创办者及作者
- International Coach Federation (ICF), Associate Certified Coach
国际教练联合会，认证教练
- Institute of Executive Coaching and Leadership (IECL), Associate Coach
企业教练和领导力研究院，签约教练
- Center for Creative Leadership (CCL), Associate Coach
美国创新领导力中心，签约教练
- NeuroLeadership Institute, Member
神经领导力研究院会员
- Applied Neuroscience Certificate, MIT Sloan School of Management
麻省理工学院斯隆商学院应用神经科学研修证书
- MSc in Organizational Psychology, University of London
伦敦大学组织心理学硕士
- Certified Senior Executive Assessor, Development Dimensions International (DDI)
DDI认证高管人才评鉴师

Agenda 议程

- Know your brain and neuroscience
认识大脑和神经科学
- Neuroplasticity: the plastic and changing brain
神经可塑性：弹性和可变的大脑
- Demystify the neuroscience of emotions & stress
揭秘情绪和压力的神经科学基础
- Know the stress hormone cortisol and its natural antidote
了解压力荷尔蒙皮质醇及其天然解药
- Learn neuroscience-based techniques for emotion & stress management
学习科学有效的情绪压力管理技巧

What is Neuroscience?

什么是神经科学？

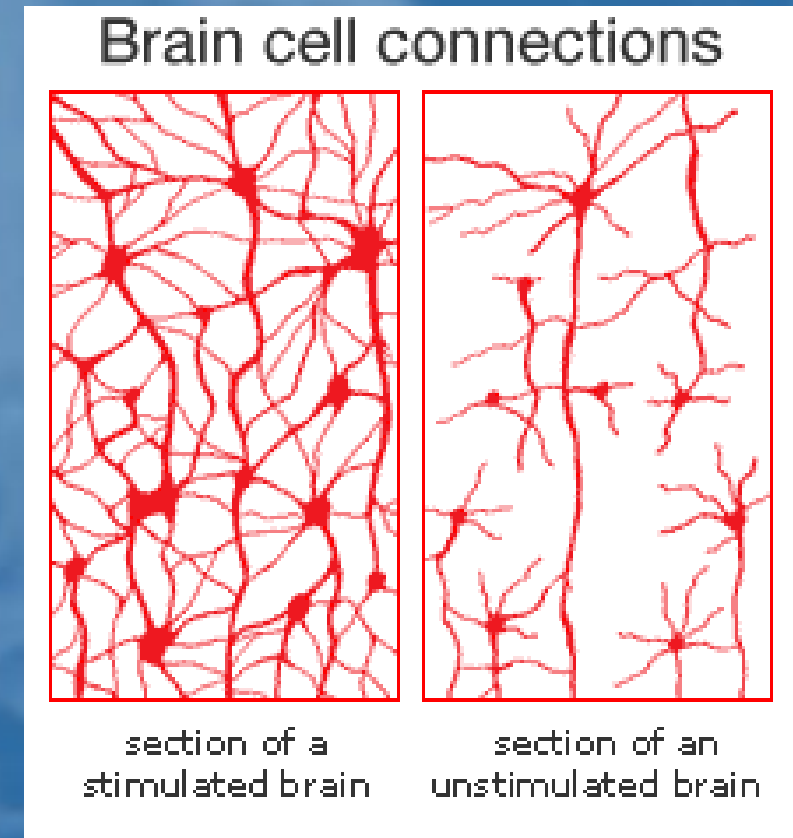
The scientific study of the nervous system
一门研究神经系统的学科

Main study subject: the BRAIN
主要研究对象：大脑



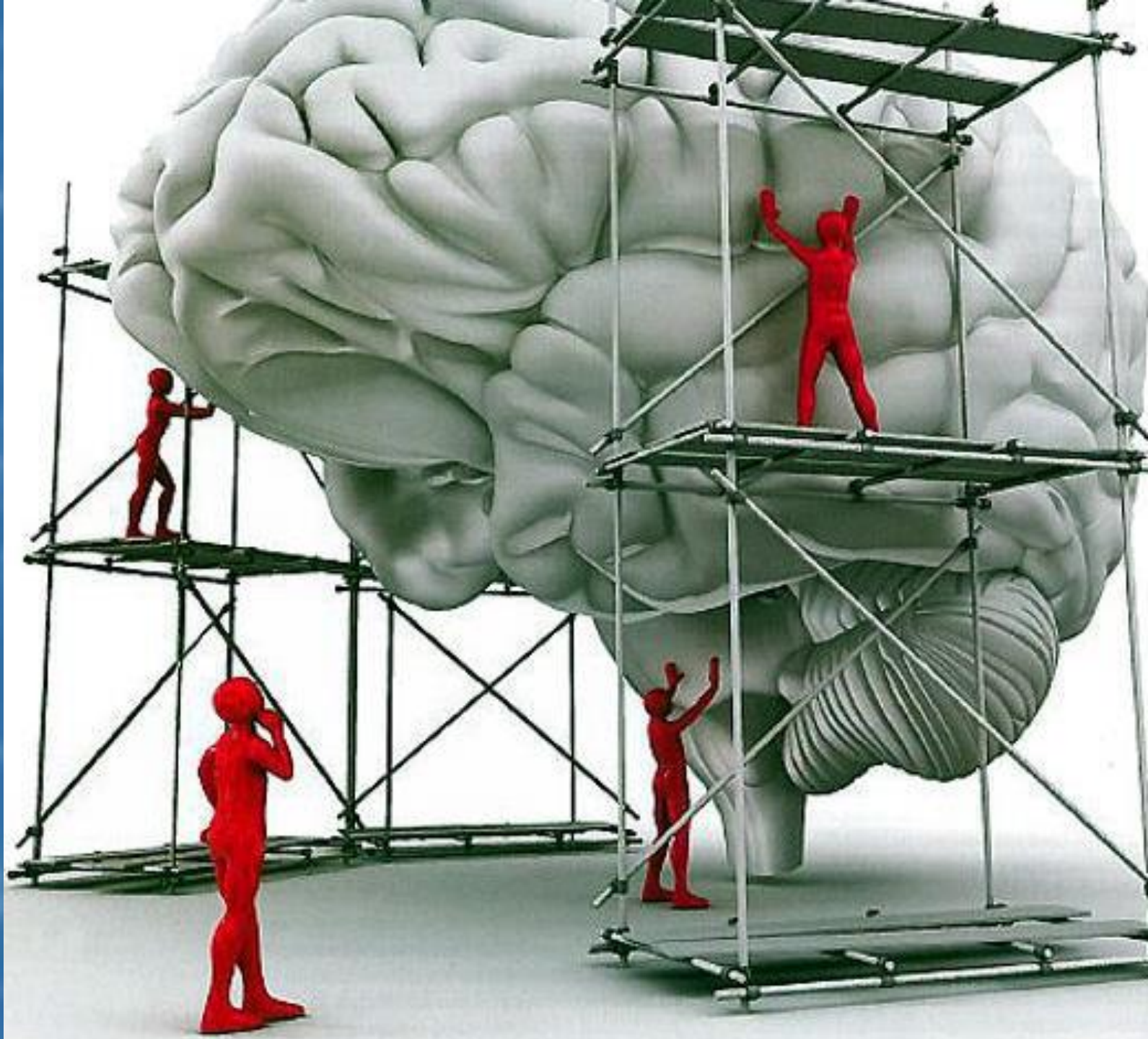
Can You Change Your Brain?

大脑能被改变吗？



Self-Directed
Neuroplasticity

自驱式神经可塑性



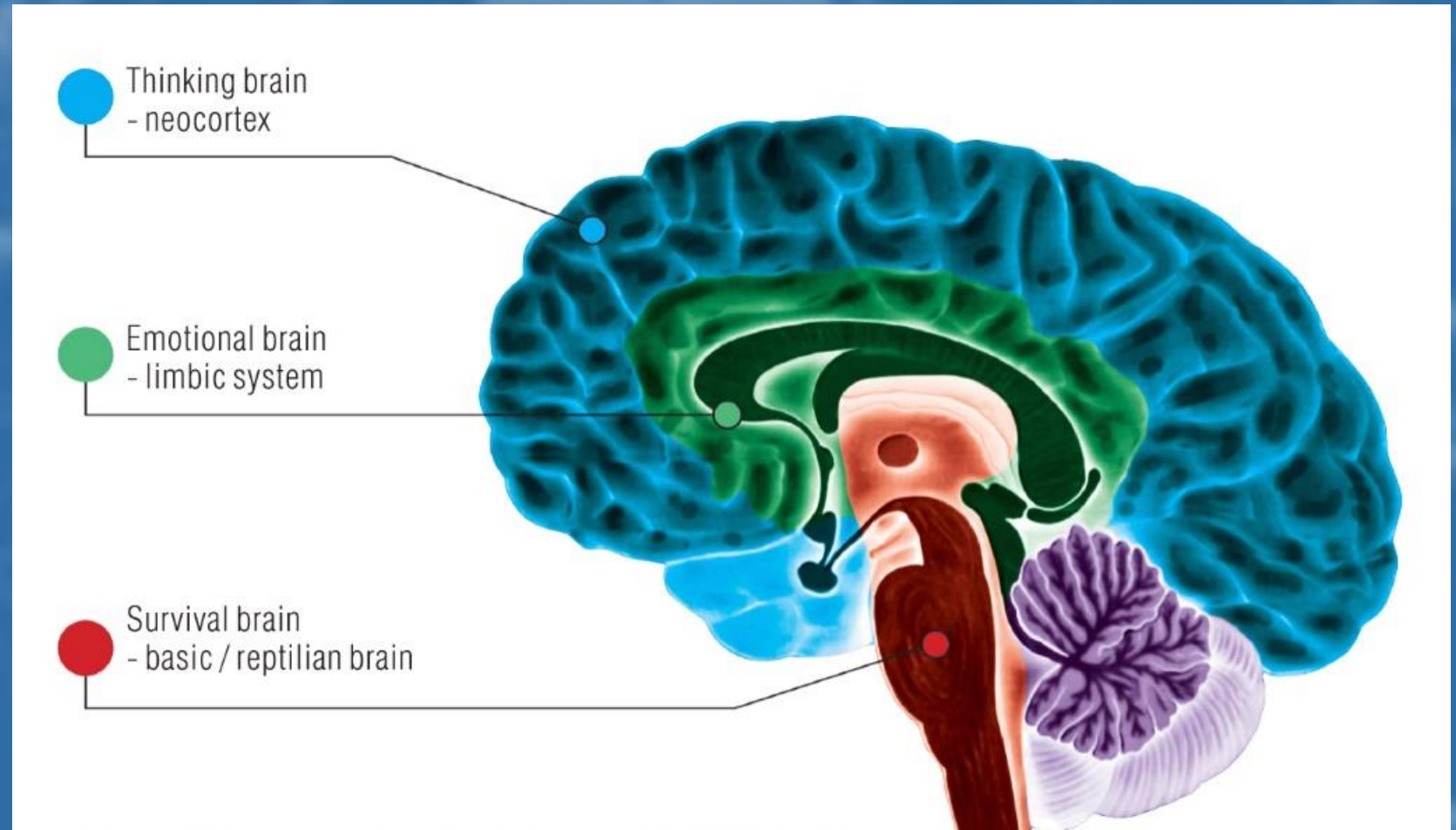
Triune Brain

三脑一体

思考脑/大脑皮层

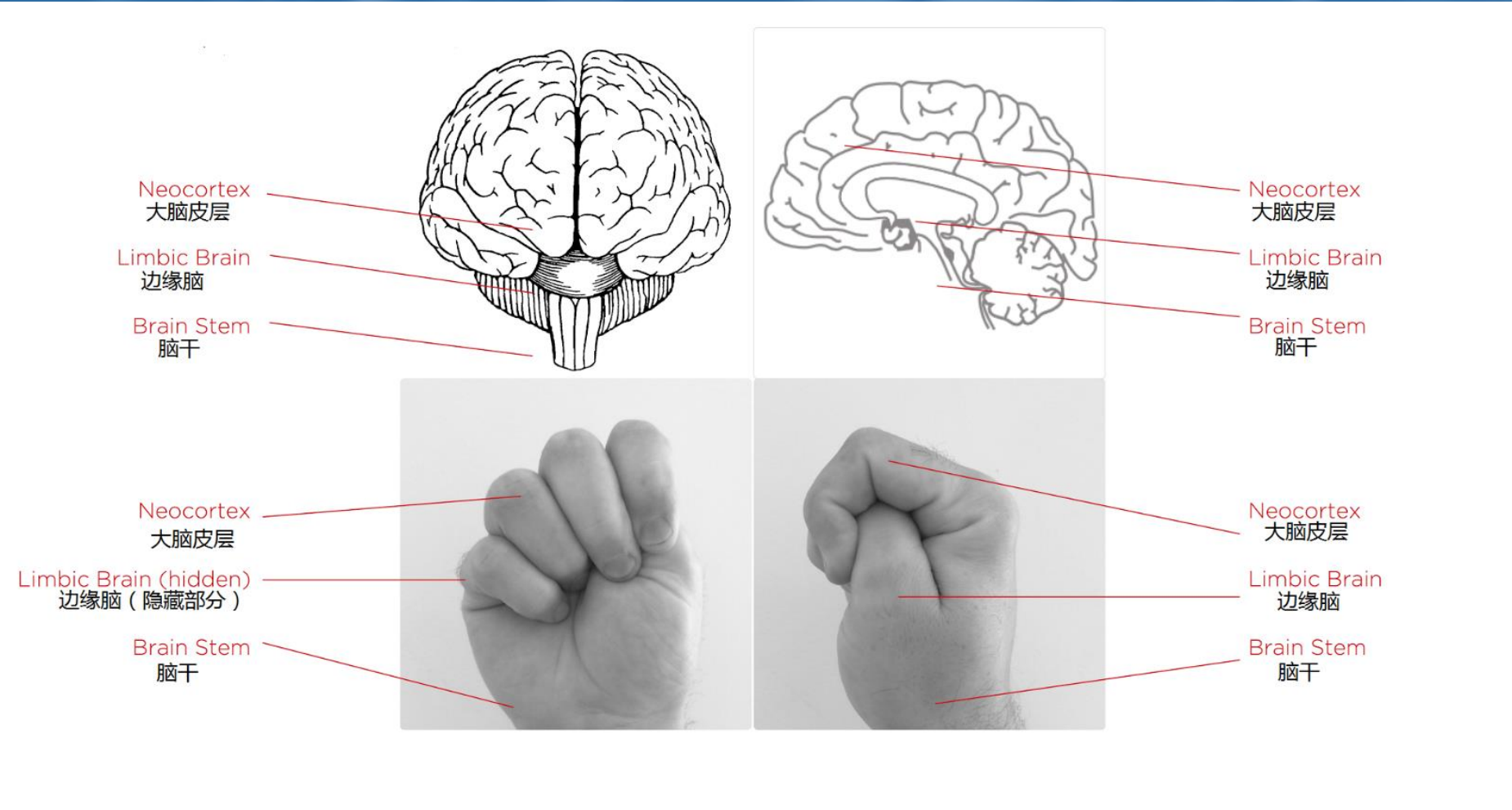
情绪脑/边缘系统

爬行脑/脑干



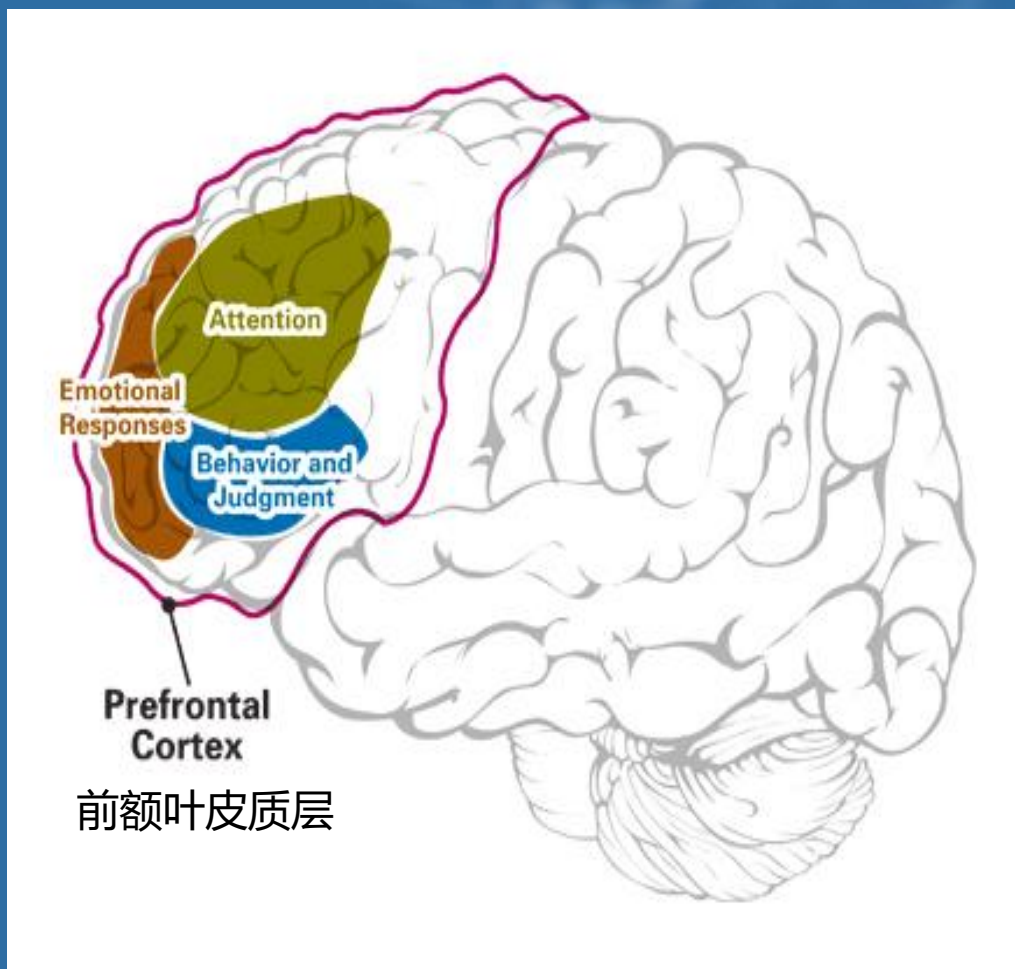
The Hand Model of the Brain

大脑手模型



CEO of the Brain

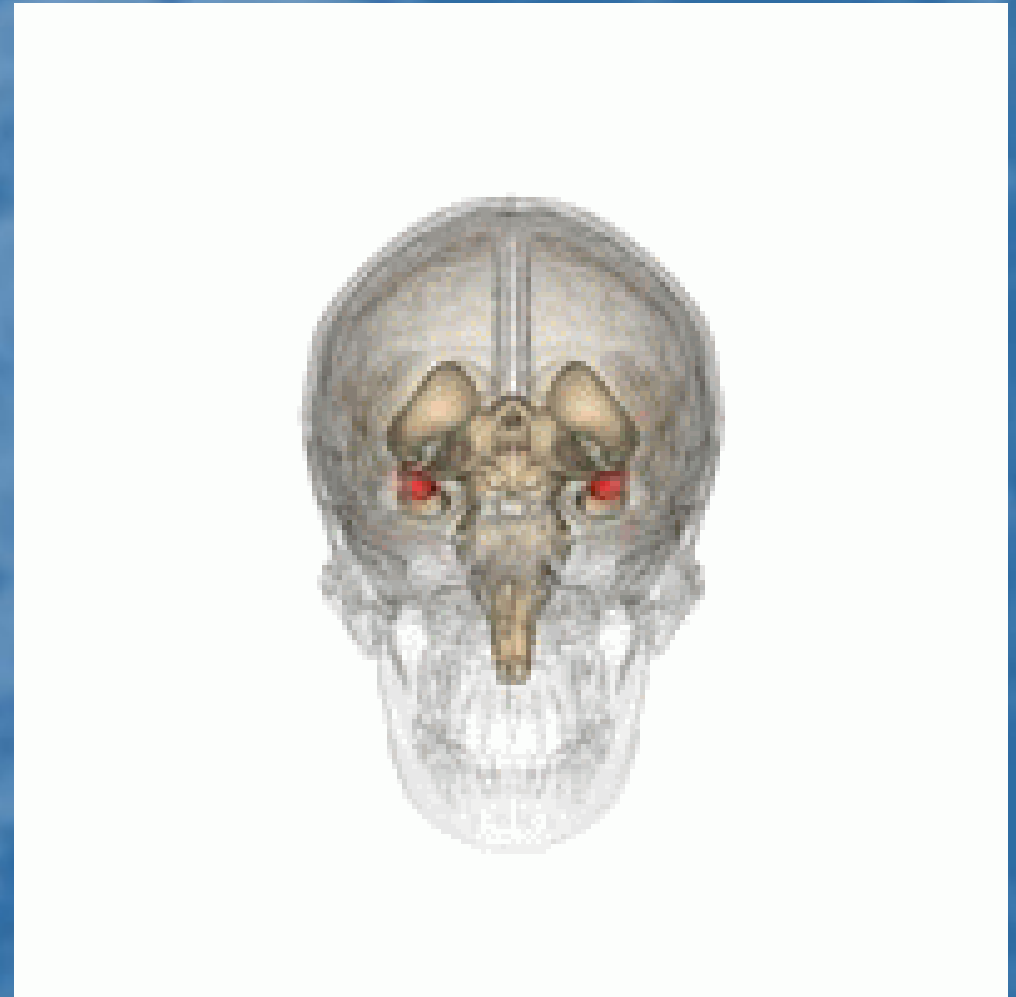
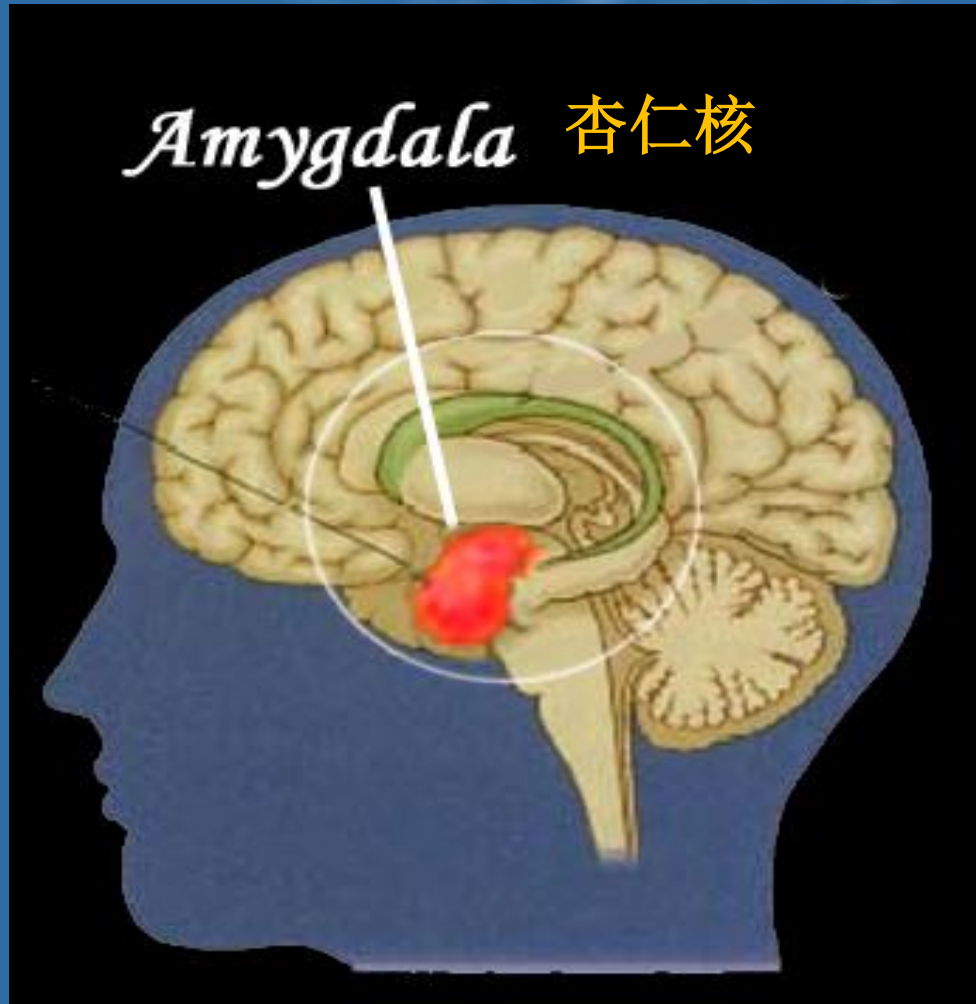
大脑的执行总裁



- Attention & focus 专注力
- Analysis & judgment 分析与判断能力
- Decision-making 决策能力
- Strategic planning 战略规划能力
- Imagination & innovation 想象和创新能力
- Willpower 意志力
-

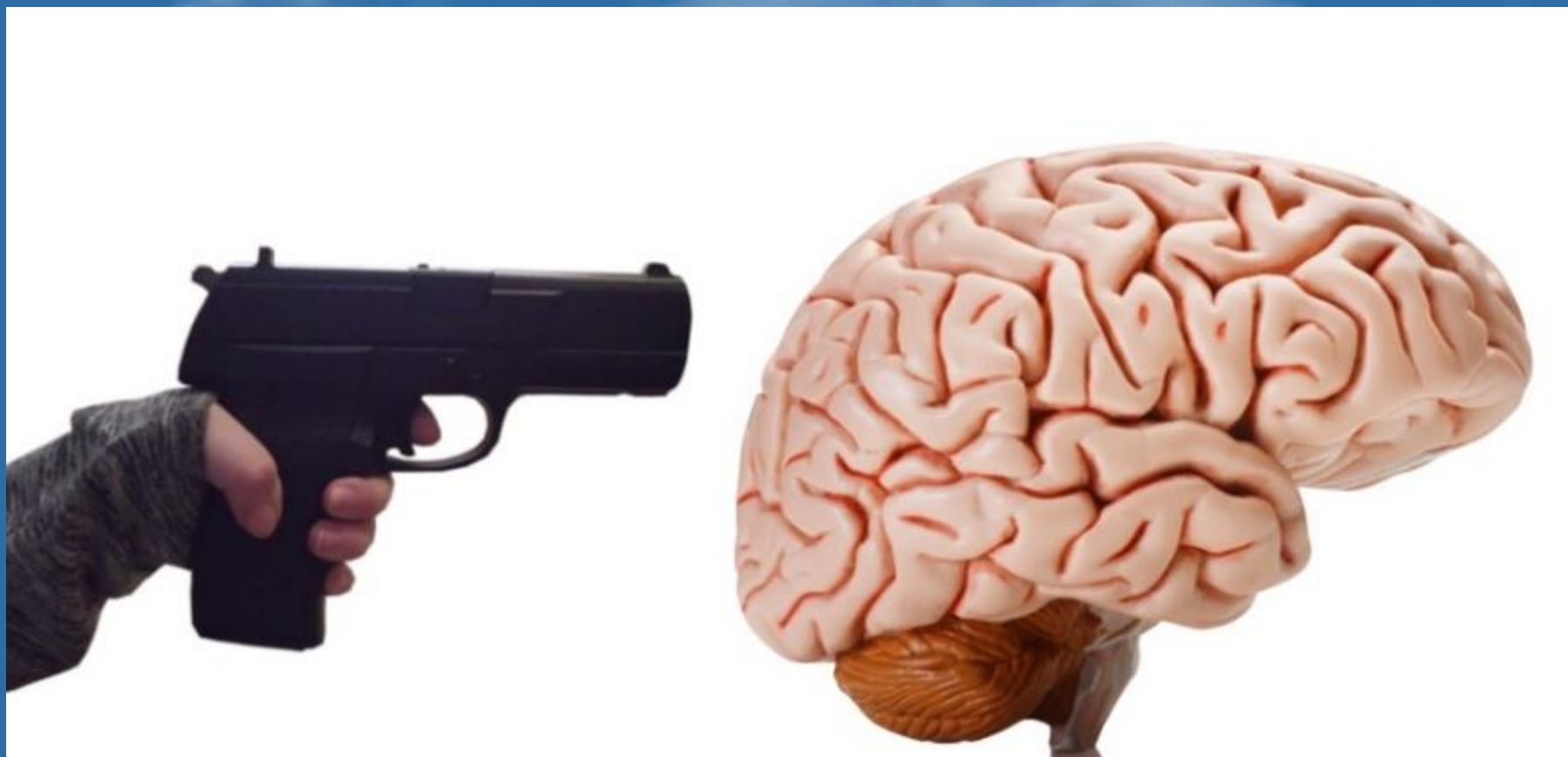
Meet the “Troublemaker”

大脑里的捣蛋鬼



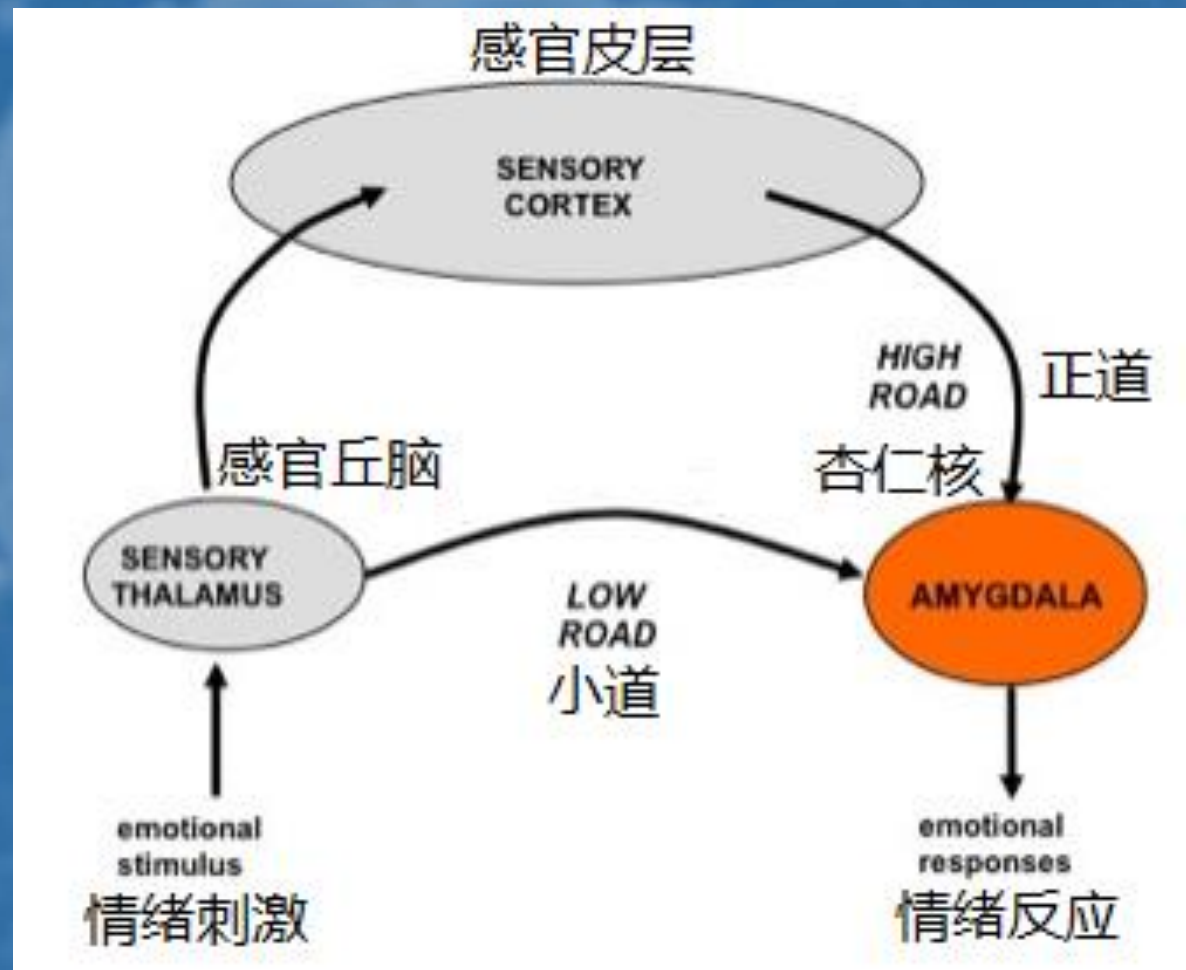
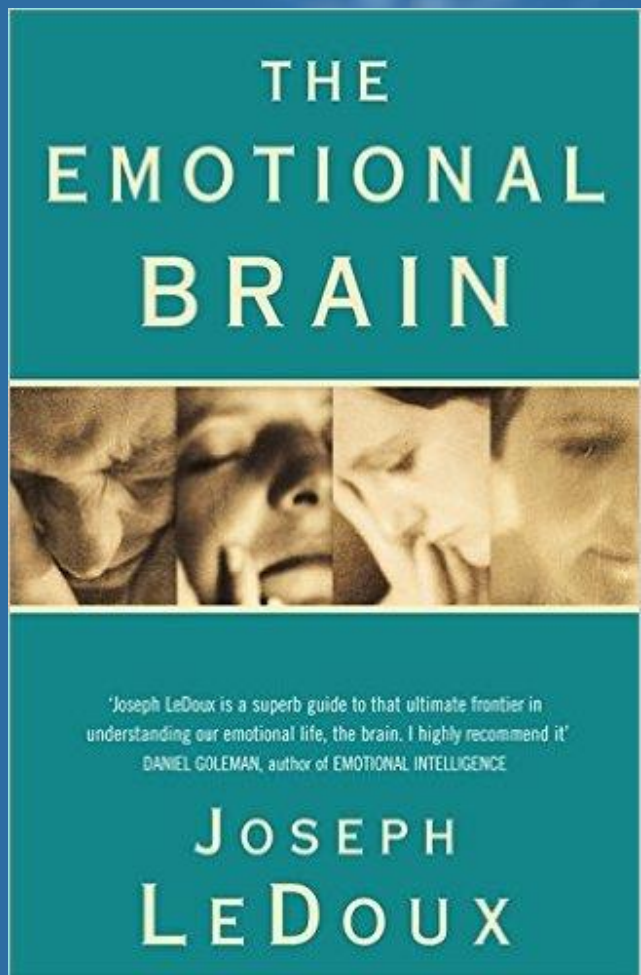
What is Amygdala / Emotional Hijacking?

什么是杏仁核/情绪劫持？



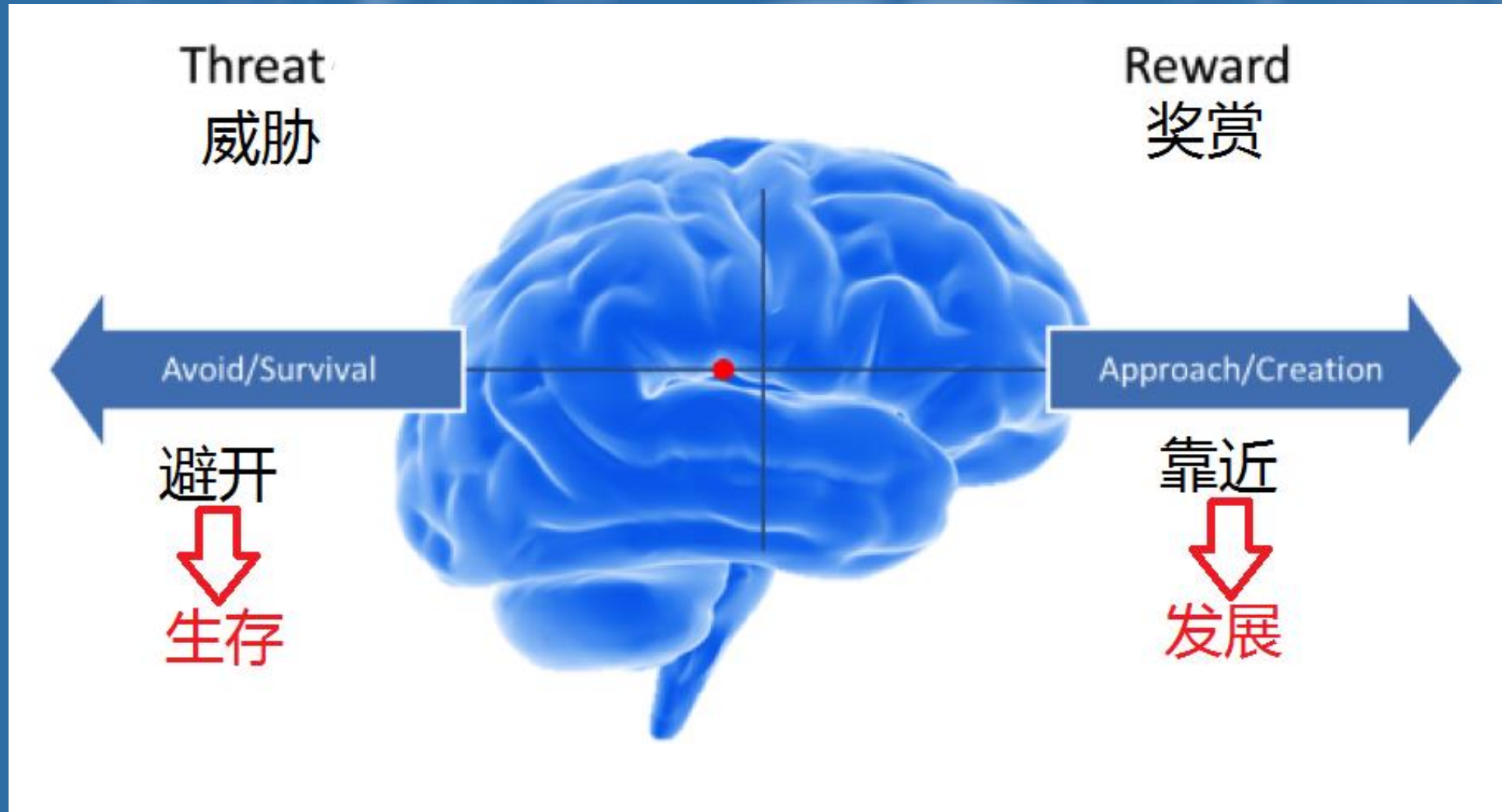
Why are we easily hijacked by our emotions?

为什么我们容易被情绪劫持？



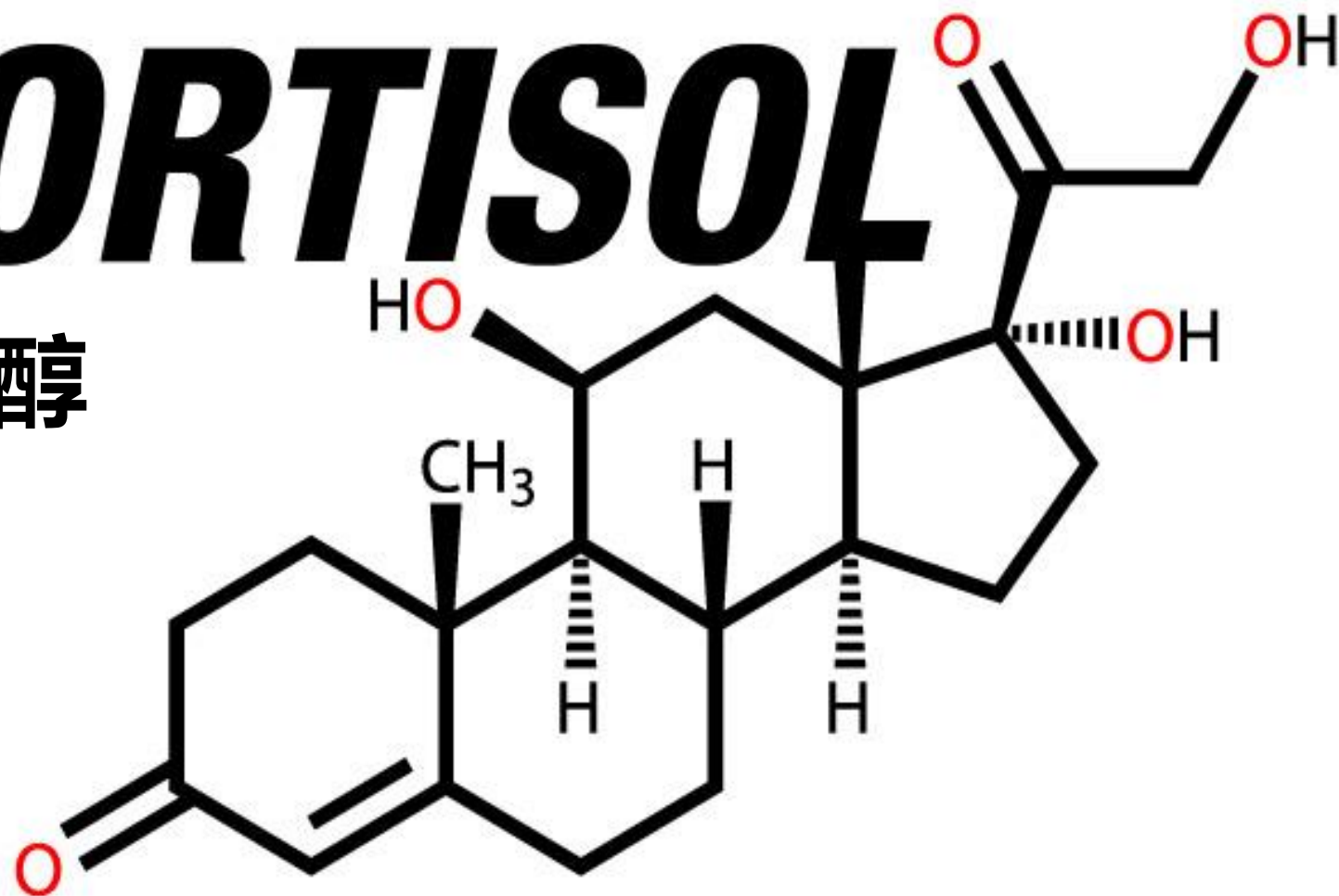
Organizing Principle of the Brain

大脑运作原则



CORTISOL

皮质醇

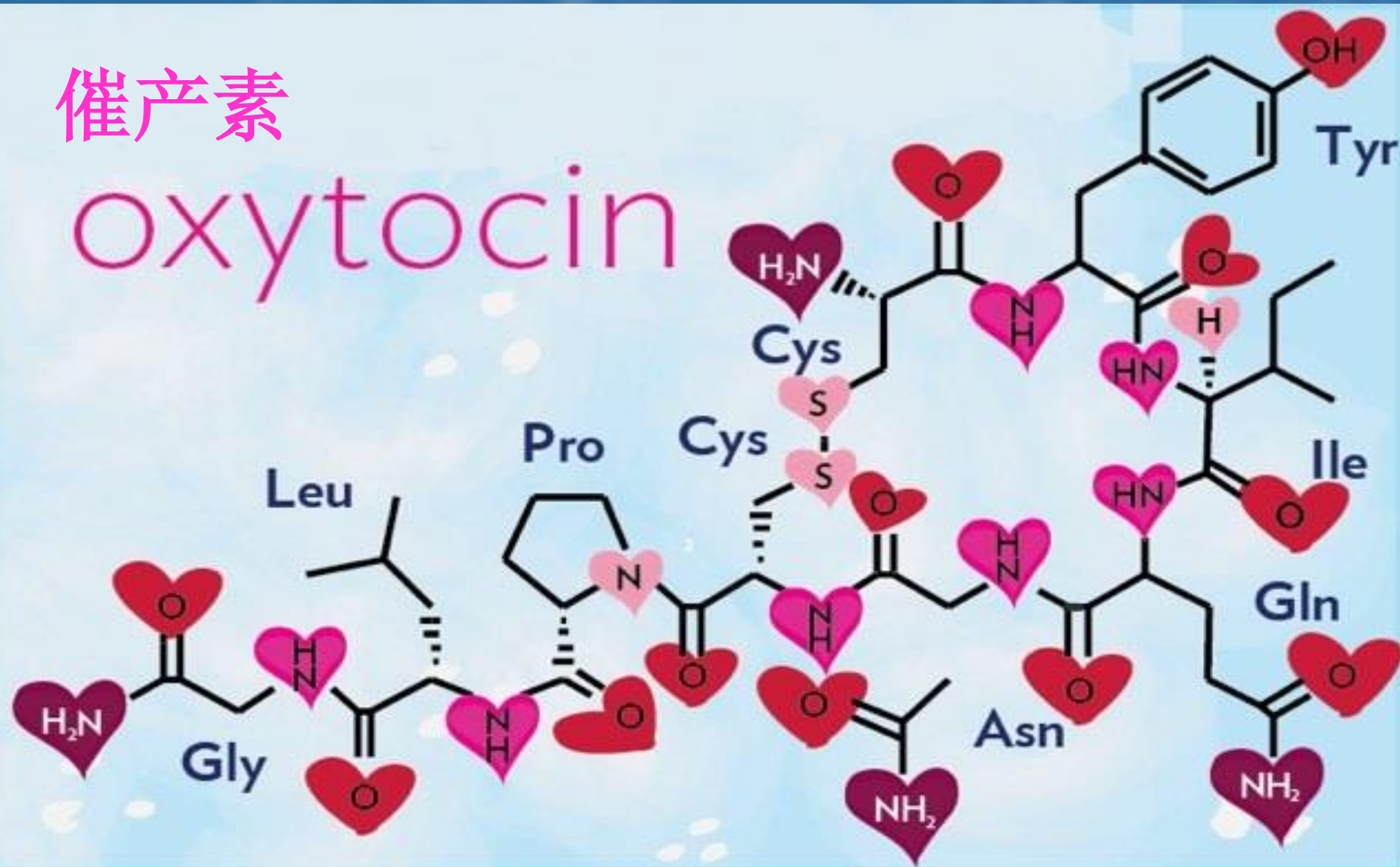




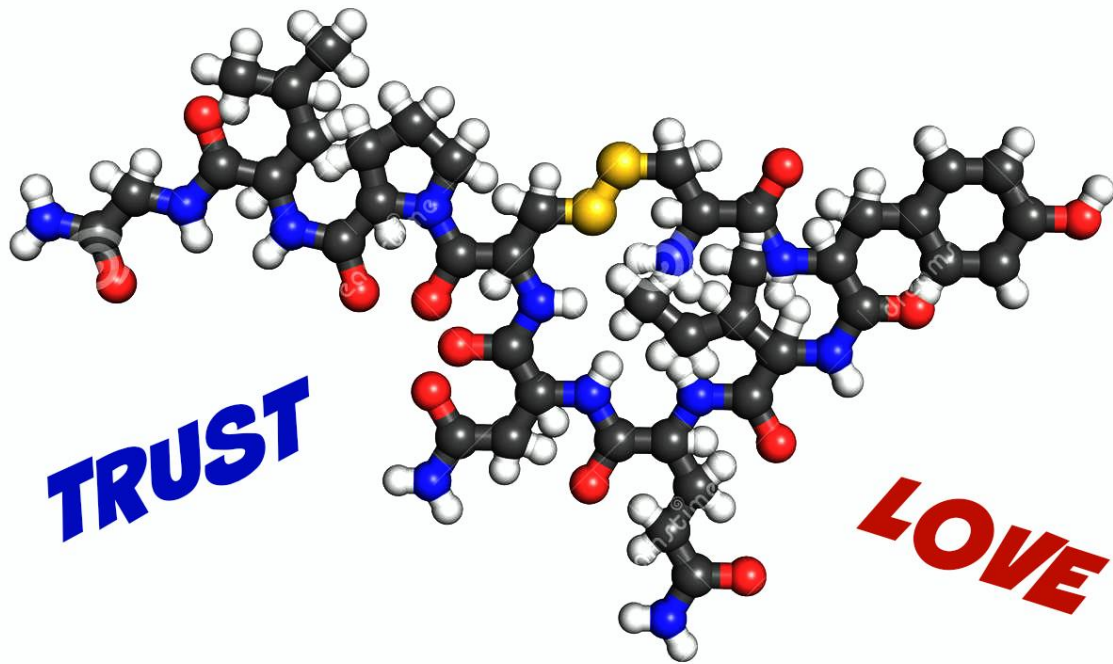
- Public Enemy No. 1
头号全民公敌
- “The Belly Fat Hormone”
“小肚腩” 荷尔蒙

催产素

oxytocin



OXYTOCIN

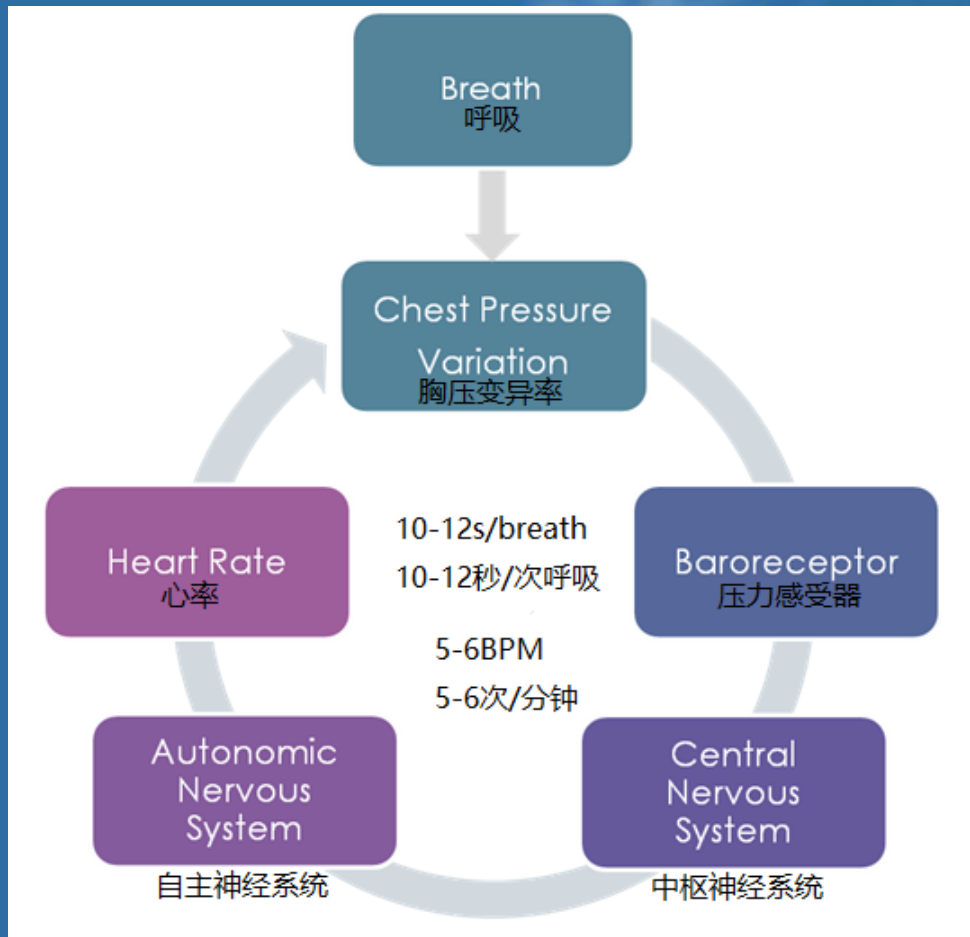


- The Love Hormone
爱情荷尔蒙
- The Cuddle Hormone
拥抱荷尔蒙
- The Trust Hormone
信任荷尔蒙
- Natural antidote of cortisol
皮质醇的天然解药



Resonant/Coherent Breathing

谐振式呼吸



Resonant/coherent breathing 谐振式呼吸:

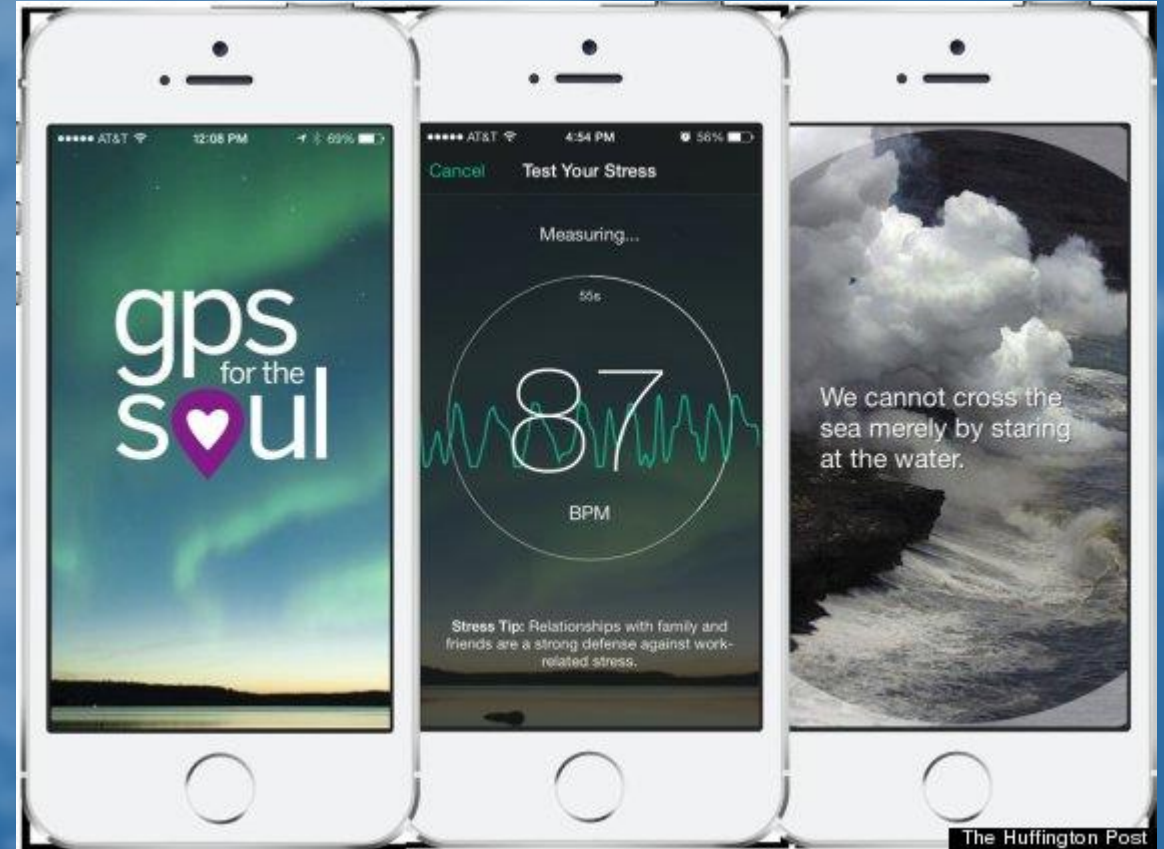
- Breathing rhythm: 10-12seconds/breath, 5-6BPM
呼吸节律：10-12秒一次呼吸，每分钟5-6次呼吸
- Optimal sympathovagal balance
最佳交感-迷走神经平衡
- Cardiopulmonary resonance
心肺共振
- Coherence of ANS and heart electrical activity
自主神经与心电活动的和谐
- Arouses and maintains positive emotions
唤起并维持正面情绪

How to Practice Resonant/Coherent Breathing?

如何练习谐振式呼吸



Inner Balance by HeartMath

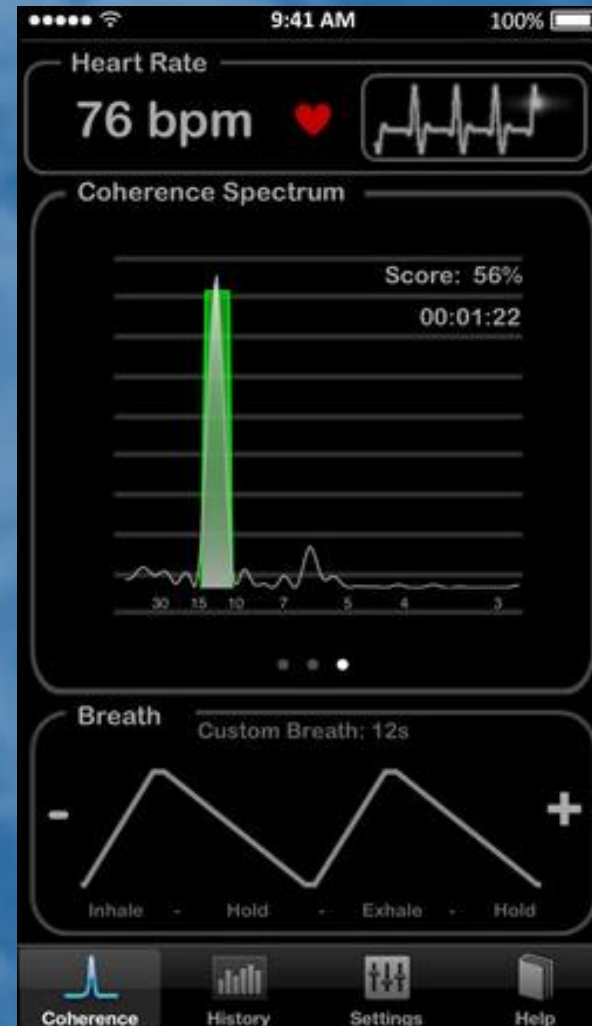


How to Practice Resonant/Coherent Breathing?

如何练习谐振式呼吸

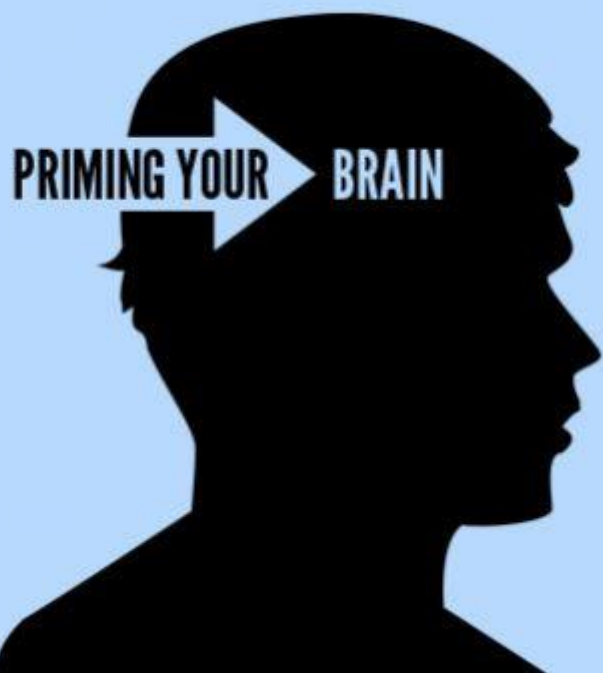


HeartRate+ Pro



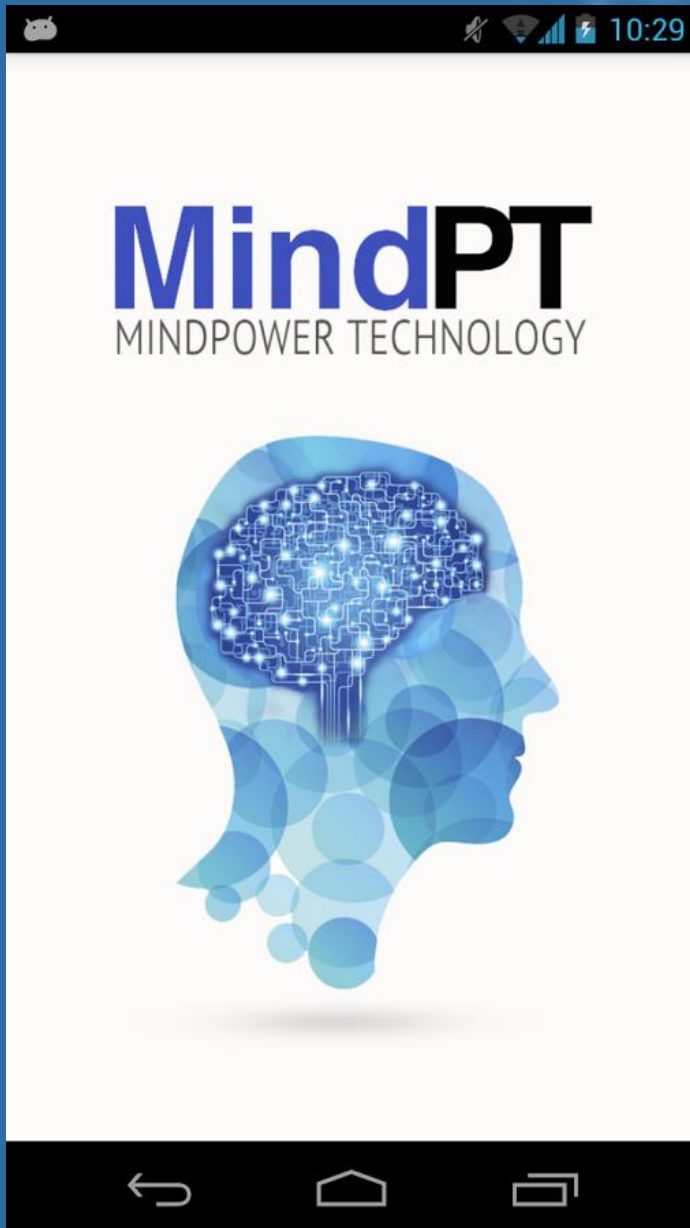
Priming

启动效应



Priming is an implicit memory effect in which exposure to one stimulus (i.e., perceptual pattern) influences the response to another stimulus.

启动效应是指由于之前受某一刺激的影响而使得之后对同一刺激的知觉和加工造成影响的心理现象。



- Daily Positive Priming
每日正向启动效应
- Technology*neuroscience*positive psychology
科技*神经科学*积极心理学
- Scientifically tested and proven
实证效能
- As short as 3-5 mins per session every morning
每天每次短至3-5分钟
- Effects last for 6-8 hours for every session
效果长达6-8小时

Neuroscience-based Approaches to Manage Emotions

神经科学证实有效情绪管理方法

- **Reactive and Short-term Approaches 被动&短期策略**
 - ✓ Emotional Labelling 情绪标注
 - ✓ Process Model of Emotional Regulation 情绪调节过程模型
 - ✓ Emotional Freedom Technique 情绪释放技术
- **Proactive and Long-term Approaches 主动&长期策略**
 - ✓ Gratitude & Positivity 感恩与正向思维
 - ✓ Resonant / Coherent Breathing 谐振式呼吸
 - ✓ Priming / MindPT 启动效应
 - ✓ Mindfulness 正念

Neuroscience-based Approaches to Manage Stress

神经科学证实有效压力管理方法

- **Reactive and Short-term Approaches 被动&短期策略**
 - ✓ Drunk Tank Pink 监狱粉
 - ✓ Stress Ball 压力球
 - ✓ Manage Cortisol 管理皮质醇
- **Proactive and Long-term Approaches 主动&长期策略**
 - ✓ Trigger Oxytocin 激发催产素
 - ✓ Mindfulness Based Stress Reduction 正念减压疗法
 - ✓ Stress Inoculation 压力免疫法



如您对这个话题或课程信息感兴趣，可以订阅公众号获取更多信息，谢谢！