EMOTIONAL COHERENCE IN SADNESS AND WELL-BEING

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Meditation

A collection of TED Talks (and more) on the topic of meditation.

No Texts, Please, We’re Meditating

By CAREN OSTEN GERSHBERG March 18, 2016

Video: A short talk about meditation as a practice to support your personal and professional life.
Emotional Coherence
Emotional Coherence

Physiology

Behavior
Emotional Coherence in Sadness

Decrease in heart rate

Sad facial expression
Emotional Coherence in **Sadness**

- Decrease in heart rate
- Sad facial expression
Is Emotional Coherence Adaptive?

• Evolutionary-functionalist theories (Darwin)
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• Evolutionary-functionalist theories (Darwin)
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• Sadness helps us deal with loss
  • Physiological deactivation conserves energy
  • Sad facial expressions elicit support
The Present Study

Emotional coherence in sadness

Wellbeing
Method

$N = 70$ (52% female)

Sad film clip

Well-being questionnaires
High vs. Low Sadness Coherence

![Graph showing heart rate and sad facial expressions over periods.](image-url)
Greater Sadness Coherence is Associated with Greater Well-being

Emotional coherence in sadness

Lower negative affect ($r = -0.30$, $p = .014$)
Lower neuroticism ($r = -0.33$, $p = .006$)
Implications

- Evolutionary-functionalist account of emotion
- A “bright side” of sadness
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