

Unit 8B: Emotions, Stress & Health

(p.366-409)

Name: _____

Chapter Objectives:

- Theories of Emotion
- What is Emotion? Embodied Emotions
- Expressing Emotions (detecting, gender, culture, facial expressions)
- Experienced Emotion (fear, anger and happiness)
- Stress & Health (illness, heart, disease)

Motivated behaviour often is driven by powerful emotions that colour and sometimes disrupt our lives. So where do such emotions come from? Why do we have them? What are they made of? They exist not to give us interesting experiences but to enhance our survival. When we face challenges, emotions focus our attention and energize us to act. Yet when prolonged and experienced as stress, emotions can also have a damaging effect on our health.

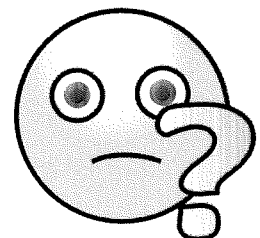
THEORIES OF EMOTION

Please read p.366-368 and summarize the three main theories of emotion below AND give an example for each. When done, continue on to the next section.

1) JAMES-LANGE THEORY OF EMOTION

2) CANNON-BARD THEORY OF EMOTION

3) Schacter's TWO FACTOR THEORY OF EMOTION



**Did you understand the three theories? Oh really....?
Then answer the following 😊**

Christine is holding her 8-month old baby when a fierce dog appears out of nowhere and, with teeth bared, leaps for the baby's face. Christine immediately ducks for cover to protect the baby, screams at the dog, then notices that her heart is banging in her chest and she's broken out in a cold sweat. How would the James-Lange Theory, Cannon-Bard Theory, and the Two-Factor Theory explain Christine's emotional reaction?

a) James Lange Theory

b) Cannon-Bard Theory

d) Two-Factor Theory

