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The insider's job: Emotions and the heart-brain connections**Adrian Low**

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Emotions are strong feelings that affect the mind, behavior and even relationships. When emotions are strong, they can be detected in the changing pattern of our heart rhythms. On the heart rate variability biofeedback, emotions such as frustration, scared, worried, angry or upset cause uneven, irregular heart rhythms and they look like jagged mountain peaks on the computer screen. On the other hand, emotions of confidence, secure, being cared for, appreciative cause smooth and sine-like heart rhythms on the computer screen. The heart and brain are therefore connected and that smooth and sine-like heart rhythm prevents a person to suffer from brain fogs while he or she can make better decisions. Research has shown that positive emotions trigger improved performance and achievement, improved memory, improved immunity to disease, improved hormonal balance and a longer life span. This paper discusses the inside job on emotions, how emotional memories affect behavior, how emotions and nervous systems are related, how different parts of our brain function and work together and how our heart and brain communicate with each other.

Biography

Adrian Low has completed his PsyD from California Southern University, USA. He is the President of Hong Kong Association of Psychology as well as the Research Director of Aditgo Ltd, a learning and research center in Hong Kong. He is also a Heartmath's certified practitioner. He has also started the Mindfulness Psychology Coaching movement in Asia with the mission of bringing everybody to the present moment.

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