



How are you feeling?

Using the lights from a stoplight...

GREEN – All good!

YELLOW – Ok, Mild Concerns.

RED – Trouble, not doing well.

We recently posted this same question on your Facebook page. Please go there or message us through our website and let us know.

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Learn With Us Live (sort of)!

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With over 20 books and 450 articles published, Martha Nussbaum is a prolific philosopher and professor. She is currently the *Ernst Freund Distinguished Service Professor of Law and Ethics* at the University of Chicago Law School.



QOTD

“Emotions are not just the fuel that powers the psychological mechanism of a reasoning creature, they are parts, highly complex and messy parts, of this creature’s reasoning itself.”

— Martha Nussbaum

emotion explored:

What are Emotions?

To really overgeneralize, an emotion is a naturally occurring response to a situation/stimulus.

Anger, Fear, Surprise, Disgust, Joy and Sadness

Those are the 6 basic emotions first anointed as “basic emotions” by anthropologist Paul Eckman in the 1970’s.

Over time the list grew, shrank, and morphed to include many variations. Now, there is general agreement that there is an emotion for every human experience. Since individuals experience life uniquely from person to person and culture to culture, the list of

emotions is now huge. The size of the list is why we often provide a “wheel of emotions” to participants in our EI workshop.

Continued on the following page...

Have you seen the news about dental meetings?

Chicago Midwinter – Going Virtual.

AARD – Cancelled.

Lab Day – Moved to May.

Well, we have made the decision to make some changes to our upcoming EI Workshop in November. We will be moving the in-person to early 2021 while we develop a live virtual “Taste of EI” for you for November...

Please stay tuned to our regular email communications for further developments on this exciting offering...

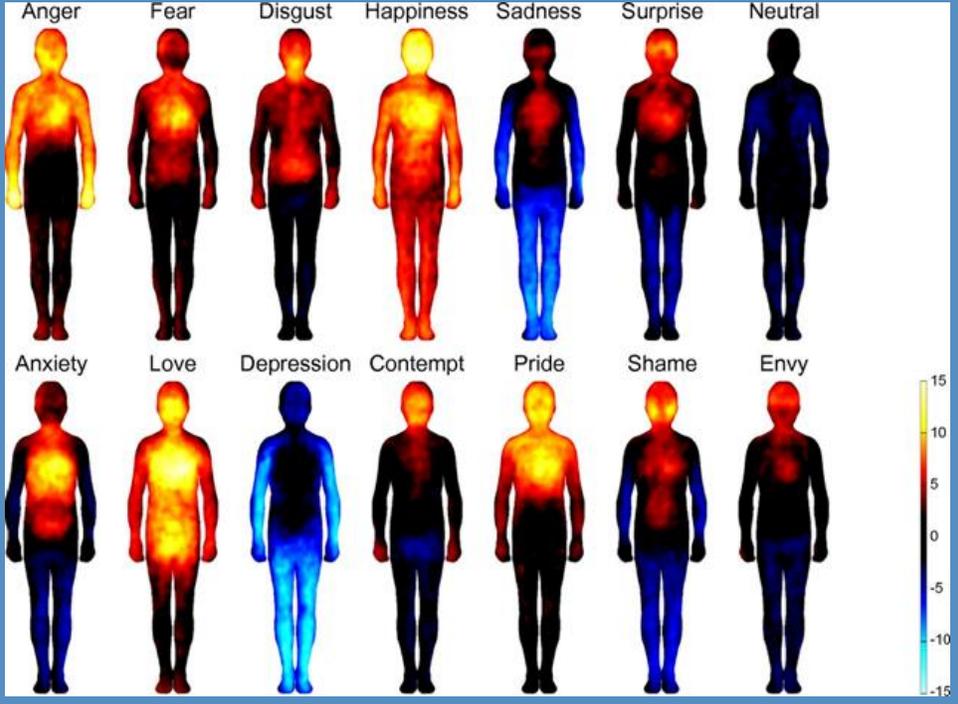
Learn With Us Live - *Virtually!* [EI – Austin](#) November 2020



More on emotions...

Emotions, whether we want them to or not, influence our physiology (see below) and our decision making. Under duress/stress/anger our Prefrontal Cortex tends to go “offline” and our limbic system takes over to try to protect us. Unfortunately, the limbic system is not good at thinking through anything other than how to protect us, feed us, or find us a mate (even that is questionable). Luckily, you can learn to better understand and control your emotions – especially the outward manifestation of them – through improving your emotional intelligence.

The primary reason we are sharing and exploring an emotion every month is to expand your emotional vocabulary. As this vocabulary grows your ability to recognize and utilize your emotions to your advantage will grow.



Numenmaa et al, in 2014, demonstrated a change in the heat generated by the body while subjects reported experiencing certain emotions. Interestingly, in 2008, Nakanishi performed research on infants revealing a lower facial temperature when experiencing joy...



“You are braver than you believe, stronger than you seem, smarter than you think, and loved more than you'll ever know.”
– A.A. Milne