Emotion Regulation as Resilience Mechanism

Abstract

Experiencing emotions is part of our daily life. Sometimes, these emotions can be intense, and we need to control them. Emotion regulation comprises all extrinsic and intrinsic control processes whereby people monitor, evaluate and modify the occurrence, intensity and duration of emotional reactions. It increases our general well-being, performance at work and personal and professional relationships; deficits in ER are connected to severe psychological disorders such as depression and anxiety. However, we yet lack an understanding of the neural mechanisms supporting effective emotion regulation.

Understanding the effective use of emotion regulation strategies to reduce negative emotion and increase positive emotion might be crucial to promote resilience. Thus, the following research questions are addressed in a series of fMRI experiments: a) What are the neural underpinnings of effective emotion regulation? b) Which personality traits support effective emotion regulation? c) How does social context modulate effective emotion regulation? d) What are the benefits of effective emotion regulation? Findings allow for developing a neuronal-informed model of emotion regulation that will help to build intervention and prevention programs that foster resilience.