

Emotional Contagion

Contents

1. Short Summary

Short Summary

- 'Bee's and dogs can smell fear'
- 'You made me yawn!'
- 'I can't stop laughing! I don't even know what I'm laughing about! I'm laughing because you are!'

These are all examples of Emotional Contagion.

I've known for some time that the stress hormone cortisol can be sensed from someone within your vicinity.

I've also been told that a human heart can be felt a metre away in all directions.

But... I didn't have any evidence or data to back up these 'understandings'.

Not anymore!

I've now worked out that all of these things are understood to be Emotional Contagion.

And the best document which explains this (this is also the heaviest document I've tried to read in a very long time) is here -> <https://www.sciencedirect.com/science/article/pii/S0149763416306704>.

Document title is: '*Connecting minds and sharing emotions through mimicry: A neurocognitive model of emotional contagion*'

Essentially this article says the following:

- Humans have learnt to mimic each other over thousands of years for two main reasons:
 - To get along and show that they understand their fellow humans and to generally 'fit in'
 - To sense when the saber tooth tiger is on its way and quickly sense that in our fellow humans and 'fight, flight or freeze' (Hopefully not freeze in this case!!)
- Motor mimicry: Mimicking facial expressions, body posture and language, eye gaze and contact.
- Autonomic mimicry: Hormone synchronisation, heart rate synchronisation, pupil dilation and blushing.
- Human's mimic consciously and sub-consciously and..... apparently all this mimicking is called mimicry.
- The two types of mimicry (both of which are subconscious) are:
- You can see diagrams above and below which explain all this.

So what does this all mean???

This is super super important information. What it means is that how you are is impacting people in your vicinity.

If you are stressed, you are likely stressing out those around you.

If you're calm, you're likely helping to calm down those around you.

Some examples of this are here:

- Ambulance people always stroll, they never run or hasten their stride. This helps to calm everyone down.
- Navy Seals have a mantra which they maintain which is 'calm is contagious'
- Students of 'burned out' teachers were measured to have higher levels of the stress hormone cortisol

Apparently faking calmness is as good as actually being calm.

So.... as we're now all back in the office, maybe practice being chilled, if not for yourself, for your colleagues!



