

MIND - BODY CONNECTION



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Introduction

In this webquest, you will embark on a journey to explore the intricate relationship between the mind and body. The mind-body connection refers to the link between your thoughts, emotions, and bodily functions, highlighting the profound impact each has on the other. Through this webquest, you will get to know different aspects of the mind-body connection, gaining insights into its significance and practical applications.

Tasks in this webquest will provide you with a comprehensive understanding of how the brain processes emotions, the distinction between emotions and feelings, the consequences of emotional distress, and the crucial role emotions play in our bodies

Tasks

How the Brain Works

Differentiating Emotions and Feelings

Emotional Distress or Damage

Exploring the Role of Emotions

Task 1: How the Brain Works

1. Watch the video about the role of brain functions:
<https://www.youtube.com/watch?v=UyyjU8fzEYU>
2. Explore the functions of neurotransmitters and neural circuits involved in processing emotions and coordinating physiological responses.
3. Check out which parts of the brain are responsible for feeling emotions and find them on this interactive brain model:
<https://www.brainfacts.org/3D-Brain#intro=true>



Task 2: Differentiating Emotions and Feelings

1. What are inherent and attached feelings? Make a list of them.
2. Investigate theories of emotion, such as the James-Lange theory and the Schachter-Singer theory, to understand their underlying mechanisms.
3. Analyze how emotions and feelings manifest in behavior, cognition, and interpersonal interactions



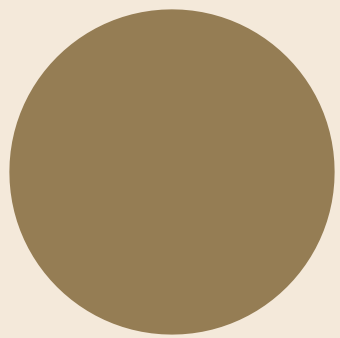
Task 3: Understanding Emotional Distress

1. Research the psychological and physiological consequences of chronic stress, trauma, and emotional upheaval.
2. Explore common mental health disorders associated with emotional distress, such as anxiety, depression, and PTSD.
3. Investigate evidence-based interventions and self-care practices for managing emotional distress and promoting well-being.



Task 4: Exploring the Role of Emotions

1. Find out what emotional discharge is. Write down roles of yawning, crying and laughing.
2. Explore how emotions influence motivation, goal-setting, and self-regulation in various contexts.
3. What are differences between IQ and EQ? Watch a Ted-Talk and write down the answers: <https://www.youtube.com/watch?v=7zoasInbu24>



Evaluation

For evaluation answer these questions:

1. How well did you grasp the concepts related to the structure and functions of the brain in relation to the mind-body connection?
2. To what extent did you comprehend the impact of emotional distress on mental and physical health? Did you explore a variety of coping strategies and resilience-building techniques?
3. Did you encounter any challenges or obstacles during the quest? If so, how did you overcome them, and what did you learn from those experiences?
4. Looking ahead, how do you plan to apply the knowledge and insights gained from this WebQuest to enhance your personal well-being and promote a stronger mind-body connection in your life?

Conclusion

Congratulations on completing the Mind-Body Connection WebQuest! Through your exploration, you have gained profound insights into the interplay between the mind and body, emotions, and overall well-being. Understanding how the brain works, differentiating between emotions and feelings, recognizing the impact of emotional distress, and appreciating the role of emotions are essential steps toward nurturing holistic health. By integrating this knowledge and practicing self-awareness and self-care, you can cultivate a deeper connection between your mind and body, fostering resilience, balance, and vitality in your life.



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Escape Room



Welcome to the ultimate challenge!

You have explored knowledge, researched deeply, and now it's time to test everything you have learned. Your journey culminates here, in the virtual escape room, where every clue, every puzzle, and every detail learned will be crucial to escaping in time.

You are about to delve into a series of enigmas designed to challenge your mind and problem-solving skills.

Additionally, the escape room is filled with extra resources to assist you on your journey, providing hints and tools to help you overcome even the toughest challenges.

[Click here!](#)



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