

Intense emotions inhibit left brain

“linear” problem solving....

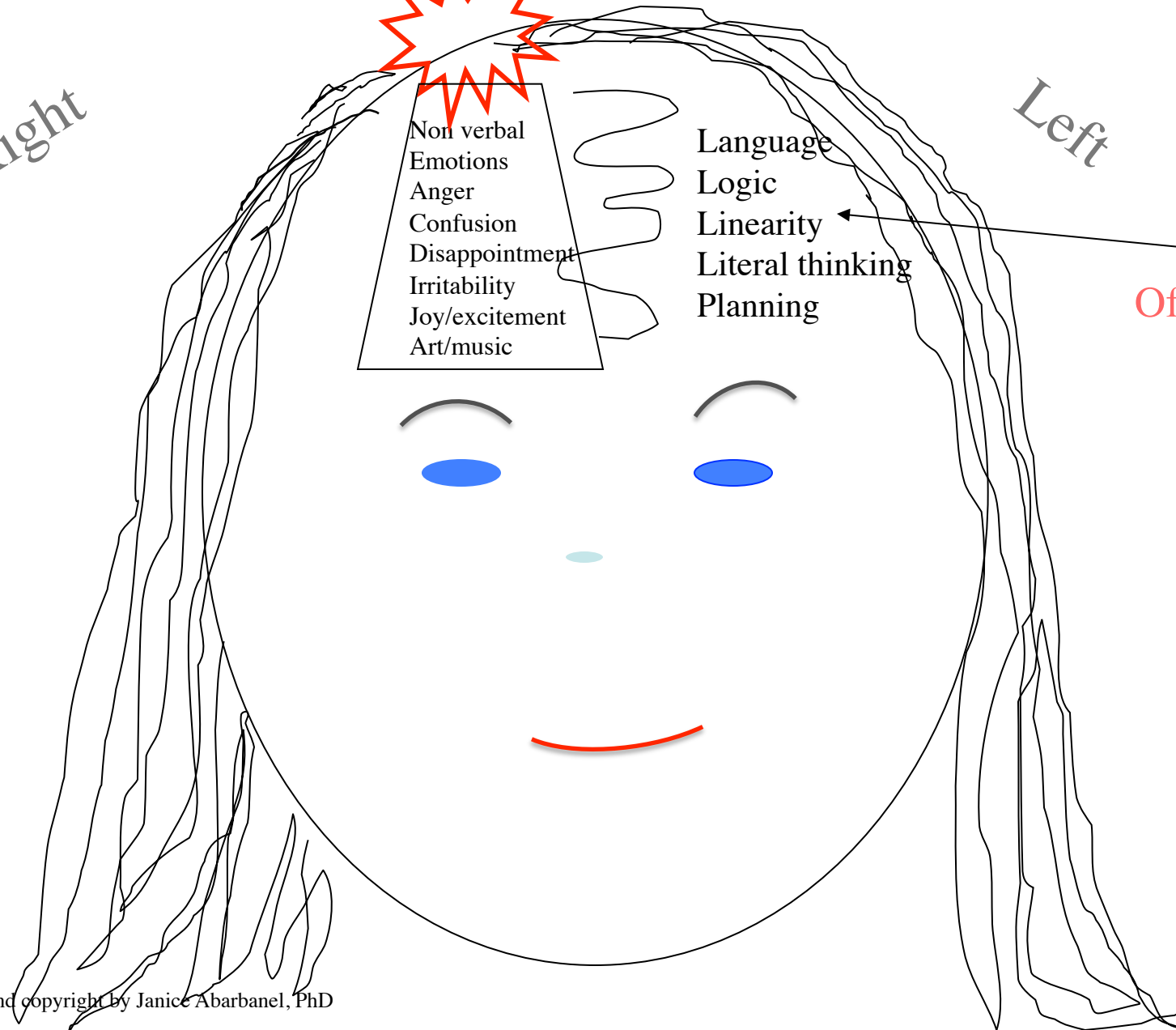
Right

Left

Non verbal
Emotions
Anger
Confusion
Disappointment
Irritability
Joy/excitement
Art/music

Language
Logic
Linearity
Literal thinking
Planning

Off line





*“You Never Know When Stuff Might
Come in Handy...”*

THE EMOTIONAL PASSPORT

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*“This expedition has been
occupying my imagination for
some days...” Stevens*

Kazuo Ishiguro
The Remains of the Day

Willkommen in Berlin...



SOJOURNERS

Mental Health: Stereotypes, Stigma, and Discrimination

BLACK AND WHITE THINKING



Silence

Embarrassment

Denial

Problem

Shame

Isolation



Clinical Model vs. Stress and Coping Model

Clinical/Crisis

- Early 20th C. view of sojourners as weak or dysfunctional.
- Pathology and diagnoses
- Uses “culture shock” vocabulary.
- Focus on problems and deficits
- Crisis and safety lens
- Interprets mood shifts as abnormal
- No problem unless a crisis problem

Stress/Coping/Wellness

- ⇒ Focus on prevention and support. 90% of students
- ⇒ Understands developmental, life transition needs of students.
- ⇒ Aware of culture learning skills education.
- ⇒ Observes and responds to intense emotions with skill box of strategies.

Questioning Culture Shock



Transition Overload

Just Highs and Lows

- Euphoria
- Irritability/Hostility
- Gradual Adjustment
- Re-entry

= Intense emotions

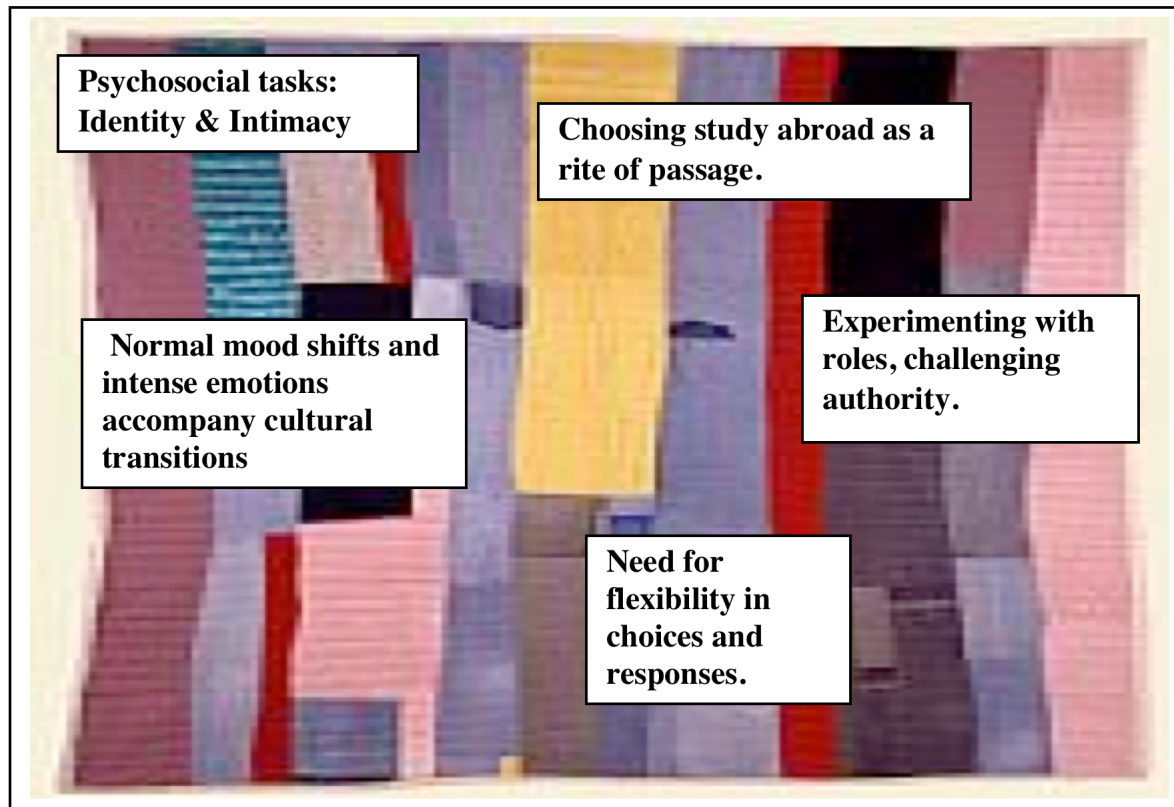
BEHAVIORS **SIGNALING** THAT YOU ARE IMPACTED BY CHANGING CULTURES

- *homesickness*
- *boredom*
- *withdrawal*
- *need for excessive amounts of sleep*
- *compulsive eating or drinking*
- *stereotyping local people*
- *loss of ability to work effectively*
- *physical ailments*



Change language about “shock” and understand the mood shifts. These are *clues* that you are on overload and need strategies to rebalance.

LAYERS OF CHALLENGES IMPACTING THE DEVELOPMENTAL TASKS OF STUDY ABROAD STUDENTS



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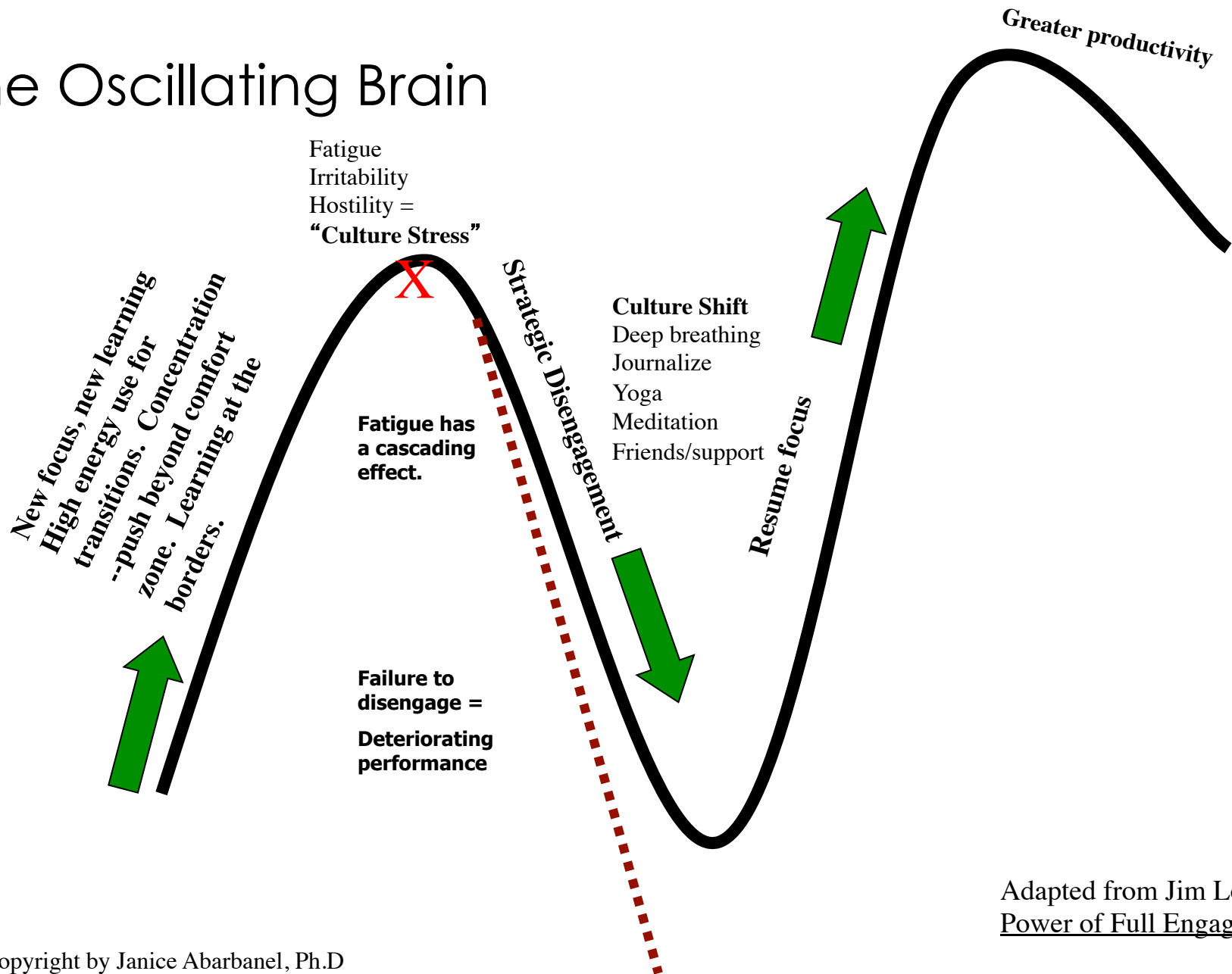
Feeling overloaded....the thinking brain goes “off line”

....

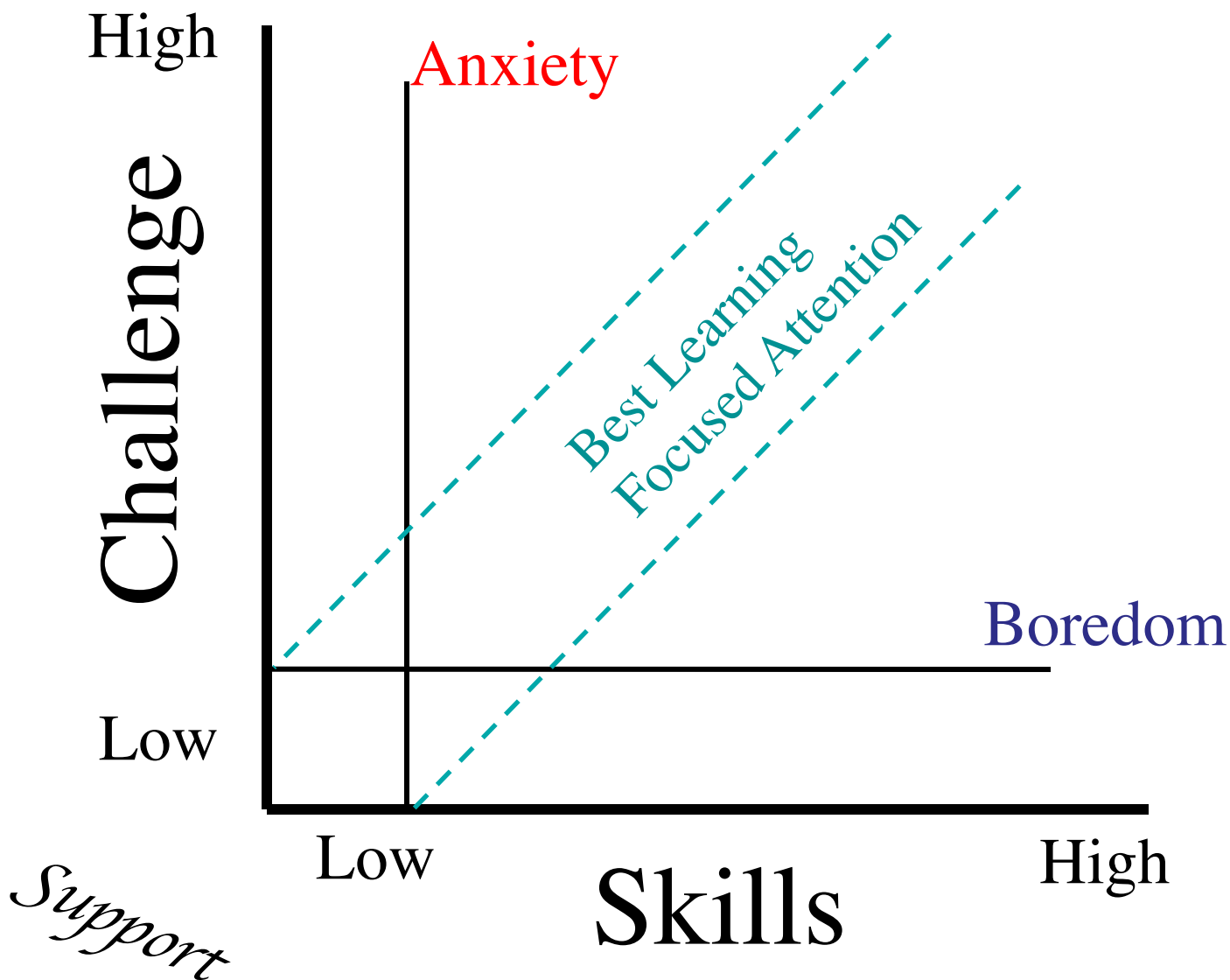
- I’ m speechless....
- I can’ t think straight....
- I don’ t know what to say....



The Oscillating Brain



Adapted from Jim Loehr The Power of Full Engagement



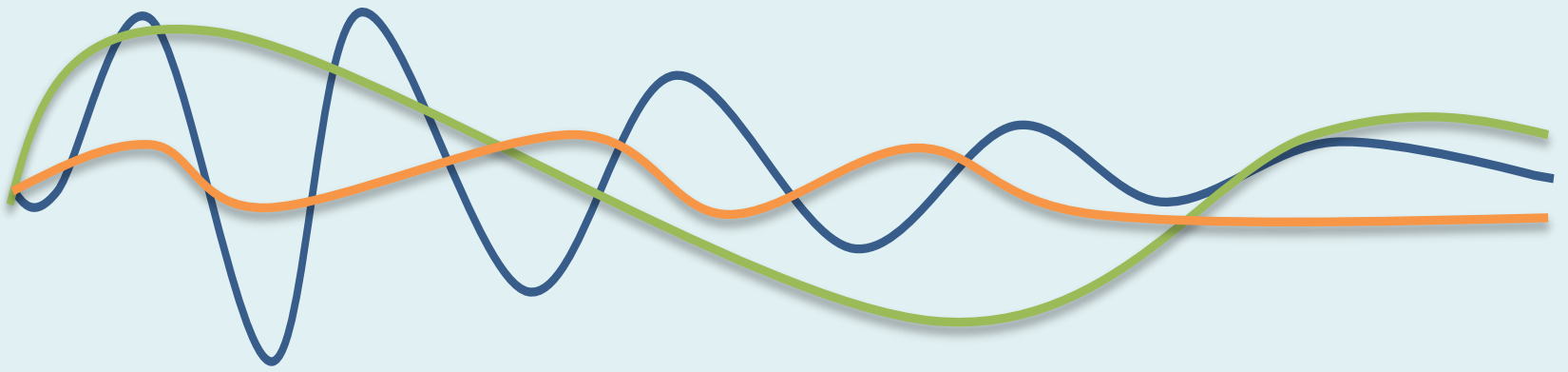
Adapted from Finding Flow by
Mihaly Csikszentmihalyi



*Anxiety and worry
occupy brain real estate.*

Adjusting to a New Culture: What to expect

- Shifts between periods of curiosity and enthusiasm to periods of boredom, doubt, and homesickness.



“Stressed is just desserts spelled
backwards ”
...Opportunities...



Earth rising....





Stay Curious


...find difference interesting



CURIOSITY ARRIVES – BY ‘SKY CRANE’ !



**CURIOSITY SHIFTS CULTURES -- HER FIRST
DAY AFTER ORIENTATION**



Some Strategies to Facilitate Culture Shift Refueling

- *Build in quiet periods to regulate intense moods.*
- *Inoculate* – review goals, elicit fears and hopes throughout the journey.
- *Change the channel. Dial down.*
- *Google Earth....step back with a larger lens.*
- *Exercise*
- *Half-smile...try it!*
- *Breathe!*

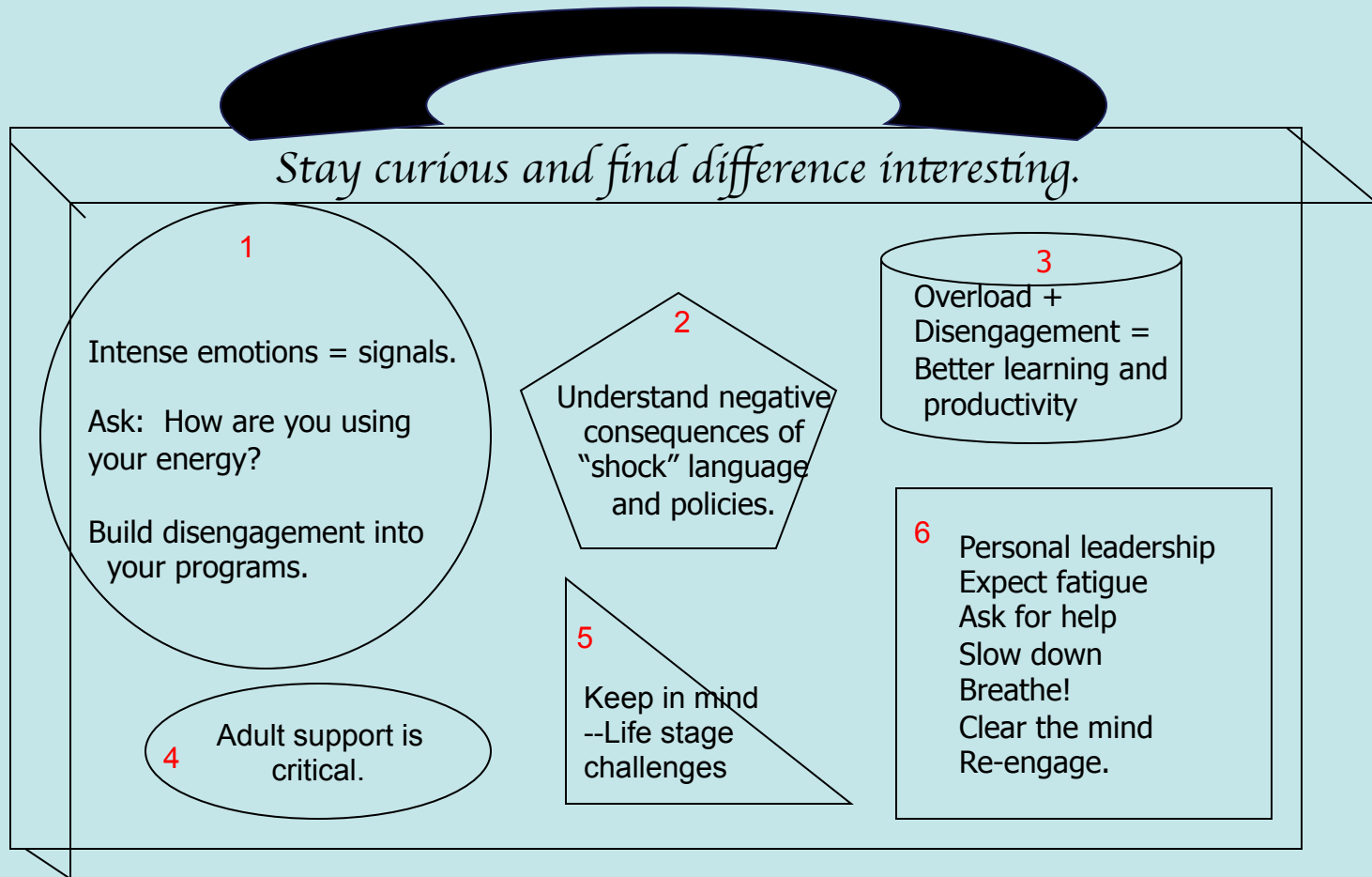
Shifting Cultures Successfully

with an Emotional Passport



- Experience mood cycles as *information*.
- Value disengagement.
- When interpersonal problems arise, focus on **your** contribution.
- Expect surprises, anticipate mistakes
- Use skill box of strategies to regulate intense emotions.

Take Home Skill Box for the Emotional Passport



Welcome the Whole Journey

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