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Happiness

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From a neurological point of view, there are hormones in our brain associated with positive emotions. Dopamine is a hormone associated with happiness and serotonin regulates our mood. When a person is physically attracted to another, an activation of dopamine, serotonin increased and production of oxytocin, a hormone that reduces pain perception and increases the emotional connection we have with the other occurs. Disconnecting the amygdala, the parts of the brain that are active against negative emotions like fear. The combination of all these elements leads to crush the other. After our beliefs, the way we understand ourselves and understand the world around us, eventually determining if I made a good choice. These are questions necessary to understand the functioning of our brain and human relations. May be if we are able to answer these questions we can prevent many interpersonal conflicts. All to indicate that it is not, perhaps a cultural thing, something we have learned. I mean, throughout history we have learned that the best defense is attack, and then our amygdala is always on, then it is easier to move quickly to negative emotions. This would explain why we love to hate, why we quickly forget the good times and had to focus on the bad. Our beliefs and values, our sense of self and other, help to create misinterpretations, which with the help of our brain structure will be easier to interpret as a bad response, criticism and attack.

Biography

Elena Baixauli Gallego has dedicated seventeen years to staff development as a Psychologist in the field of health and as a mediator. She is currently working as an Associate Professor, Faculty of Psychology in the department of Personality at University of Valencia. She is involved in various activities such as therapy for children and adults, family and business mediation and delivery of lectures and workshops. She is the author of *"Business conflict: A guide to provide solutions"*. She is a Member of the International Forum of Mediators, the World International Mediation, a Member of the Delegation of the World Forum of Mediation in the City of Valencia, Member of Entrepreneurs from the University of Valencia and the University of Salamanca. She is also a speaker and author of several books and publications on mediation.

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