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QUARTERLY

Dear Friends

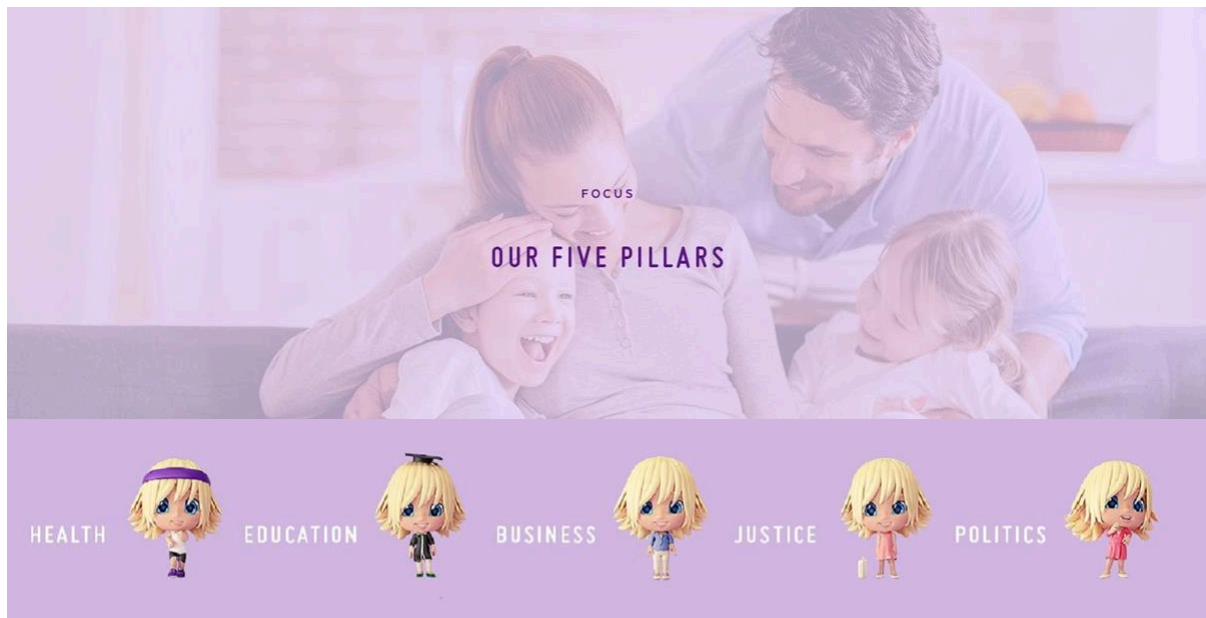
We are delighted to celebrate two years since the inception of the Sharon Faye Foundation with the launch of our new website. We have come a long way, and it has been a real team effort. Our heartfelt thanks for your ongoing support.

AT A GLANCE

- Since unveiling the SFF logo in our last issue, we have been working with brand agency Milkable to create the SFF website. Our thanks to Colin Paterson, Harley Spick and Nicole Paterson for their commitment and passion in seeing the SFF vision come to life on the web, where it can be accessed by people all over the world. Look out for little Sharon amongst the pages. Visit us at sharonfayefoundation.com.au
- Our seminal Emotional Strength paper has been sent out for review and the Foundation has received feedback, which we are in the process of responding to. We are excited as the feedback highlighted the originality of the concept and its potential for making a contribution to emotion theory.
- The emotional health research is in full-swing and Tristan has been busy getting her head around this complex and diverse body of data. Her overwhelming feeling is confusion. After years of neglect, the study of the neuroscience of emotion has exploded but it's difficult to make clear sense of it because there are so many competing theories and approaches. We aim to synthesise the

various streams of research towards creating a map of age, developmental stage, psychological process and brain function.

- Welcome to Ash Castledine as Sharon's new Executive Assistant and SFF company secretary. After more than 15 years in office administration, working her way up to bookkeeper and executive assistant positions, Ash feels she has finally found a place where she can combine her technical administration and accounts skills with her passion for helping people, mental health and making a difference.
- Congratulations to Candice on the birth of her daughter, Alexis. Candice, you have left a wonderful legacy for us to build upon. Thank you for all your incredible hard work and support. You are in our hearts. Please continue to visit us often.



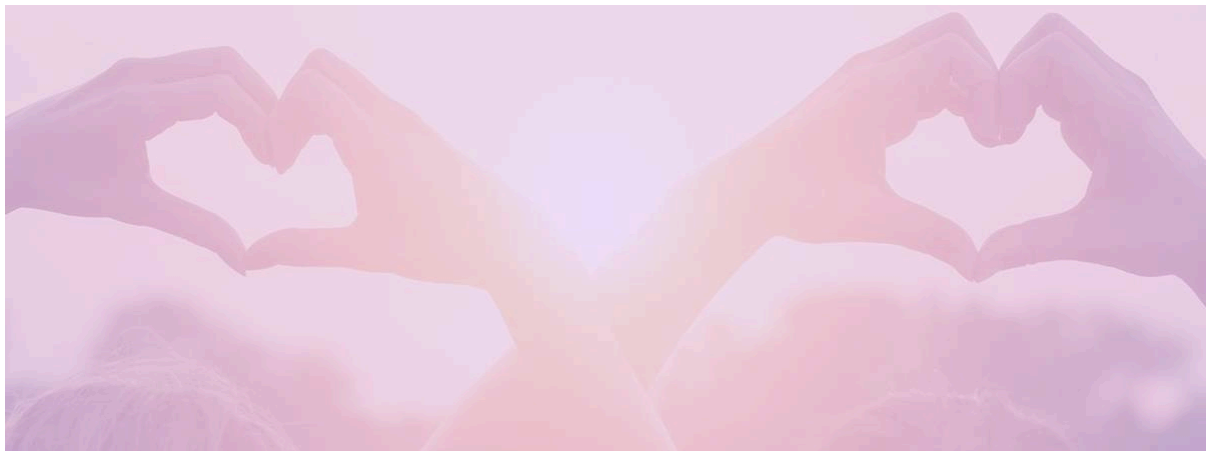
*Sharon Faye Foundation
Research Institute on Emotion*

*The Sharon Faye Foundation is an independent charity with
the purpose of advancing global research on human emotion.*

*The Sharon Faye Foundation aims to
Educate - Research - Disseminate*

CELEBRATING TWO YEARS

Over the last two years, the Sharon Faye Foundation has morphed from an idea into a reality. From the tiniest seed, we have grown into a small tree. Throughout that period, we have continued to clarify our vision and purpose. From a Foundation dedicated to advancing Emotional Strength, we have extended and refined our vision to become a Research Institute on Emotion, backed by official recognition as a Research Institute by the National Health & Medical Research Council (NHMRC). In the last newsletter, Sharon outlined her sense of how the Foundation will look in a few years – moving neuroscience forward, mapping the brain through emotion, working in multidisciplinary teams from all over the world and conducting meaningful research in our labs. We can't believe how far we've come, and are excited to see how much we grow in the next two years, let alone decade.



Healthy Emotion ~ Healthy World

EMOTIONAL HEALTH

Emotional health is a key component of overall health. People with Emotional Strength can respond openly and vulnerably in the face of intense emotion experience. Neuroscience confirms the importance of emotional health and highlights the need to move towards a wellness culture. The SFF is planning research on mapping the brain and the impact of Emotional Strength on brain function and health.

After years of being overlooked in favour of cognition, the study of emotions has emerged as a central topic in neuroscience and psychology. Emotions underscore attention, perception, memory, decision-making. They create and cement beliefs,

which drive our behaviour. Emotional suppression and avoidance is linked with reduced well-being, reduced quality of relationships, and poor health.

The emerging new paradigm in neuroscience is based on what is known as “Hebb’s law”, popularised by the phrase “neurons that fire together, wire together” and, conversely, “neurons that fire apart, wire apart”. The discovery of the ability of neurons to adjust and regenerate – neural plasticity – is one of the most fascinating and important discoveries to come out of this period. This concept tells us that the brain can change – that it can heal itself. Complementary recent research demonstrates that the human brain is not an isolated entity but exists in relation to its environment. Our brains are connected through a powerful system of “mirror” neurons.

These exciting scientific break-throughs highlight the need for a move away from a health system based on tending the “ill” towards a culture of wellness. Neuroscience informs us how each person plays a crucial role in the emotional health and well-being of others and that it is never too late to change. When one person gets healthy, it has a ripple effect. By creating a wellness culture everyone can benefit from the well-being of most and thrive in a safe, supportive environment.

Building emotional strength – the ability to respond in an open and vulnerable way in the face of intense emotional experience – enables productive change. When people have a low capacity to engage with negative emotions, they are destined to do things the way they have always done them. People with a high capacity to engage with their negative emotions don’t need to protect themselves from feeling difficult emotions by deflecting or suppressing them but open themselves up to feedback and become more flexible in their responses.

Learning how to re-engage with our emotions generates a shift in our relationship to vulnerability and pain. Emotional pain becomes something we can embrace as instructive and ultimately healing. People who have developed Emotional Strength can respond in an open and vulnerable way, and report feelings of immense gratitude for being awake to the diverse experiences of being human.

The Sharon Faye Foundation is planning long-term leading-edge research on mapping the brain and assessing the impact of Emotional Strength on brain function and health.

SEE YOU NEXT TIME

Sharon Faye Foundation Team



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