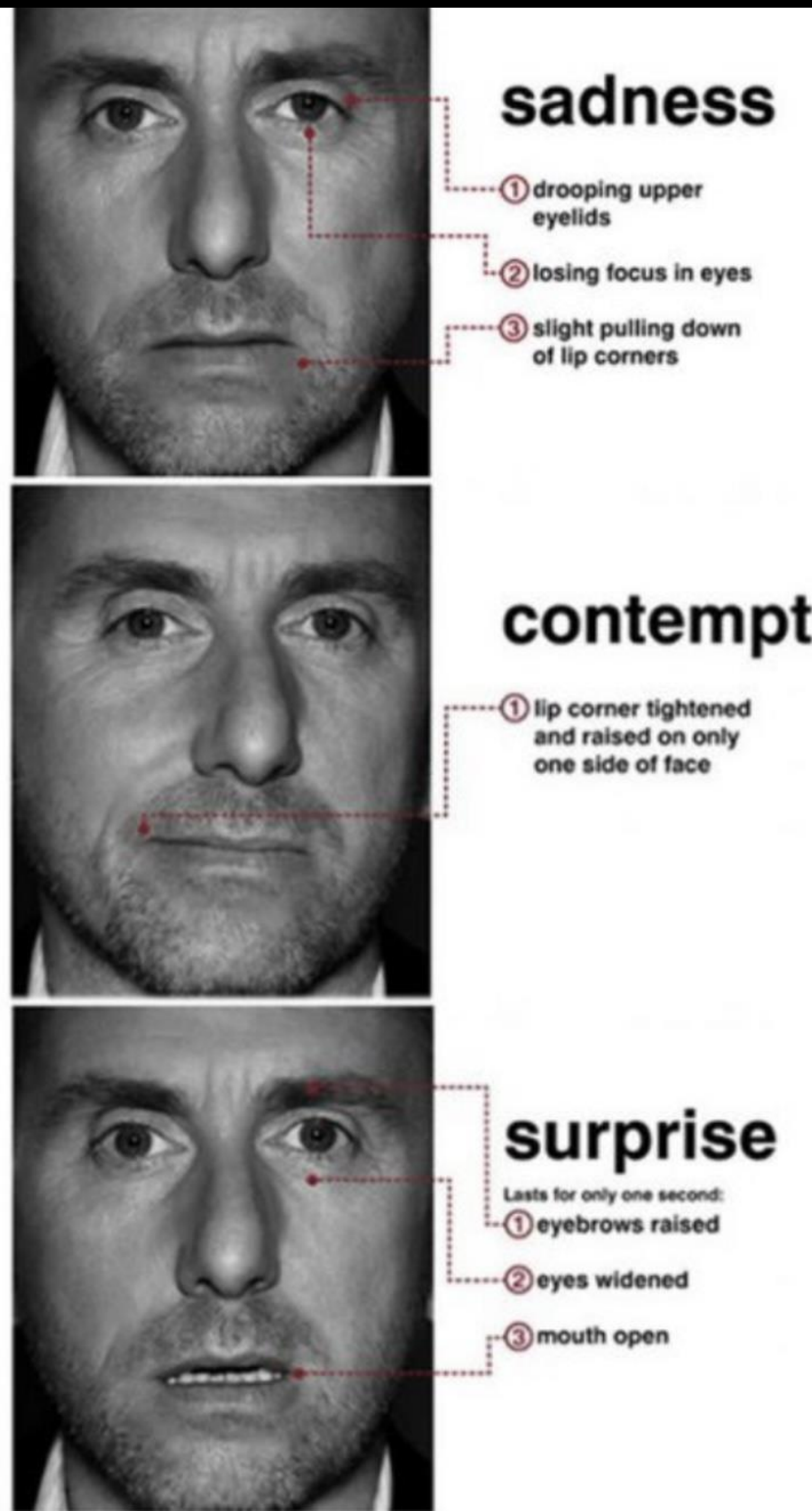




In Your Face: Facial Expressions and Emotions

Sophia Lachance

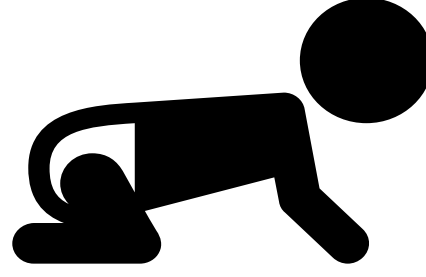
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Abstract

Facial expressions influence how we process information from infancy through adulthood, and how negative and positive stimuli affect our emotion. **This Literary review examines how negative and positive facial expressions affect us during infancy, adolescence, and adulthood as well as the impact during the COVID-19 pandemic.**

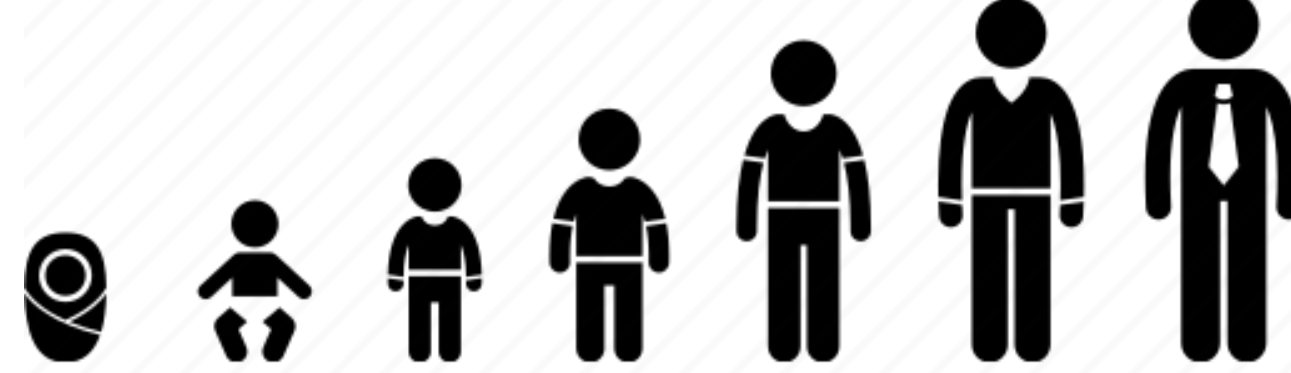
Research #1: Infants

Year 1 of life: 

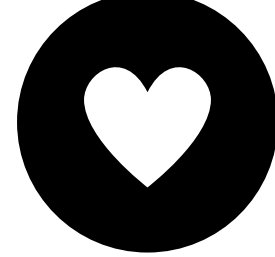
- Sensitivity to emotion and facial expressions which is crucial to social development
- Neural scans showed larger amplitudes to fearful faces
- Support for mother infant interactions
- **Positive environments = Positive mindset and brain functioning**

Research #2: Adolescents

- Adolescents in maltreated environments showed more recognition to angry facial expression.
- Over attribution of anger
- Exposure to maltreatment amplifies pre-existing bias for anger labeling expressions



Research #3: Adults Relationships



Pairs of friends and strangers were given negative stimuli...which pair do you think were more expressive?

- Friends frowned or smiled more to communicate their emotion
- Strangers were more inclined to frown and show less emotion
- Friend groups = more regulation of emotion

Research #4: What about COVID?!?!

- Alternate strategies of communication employed different social cues
- In person and social anxiety has risen
- In person gestures are felt that they are not needed virtually
- Loss in body language and gesture cues, but a rise in tonal inflections.



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