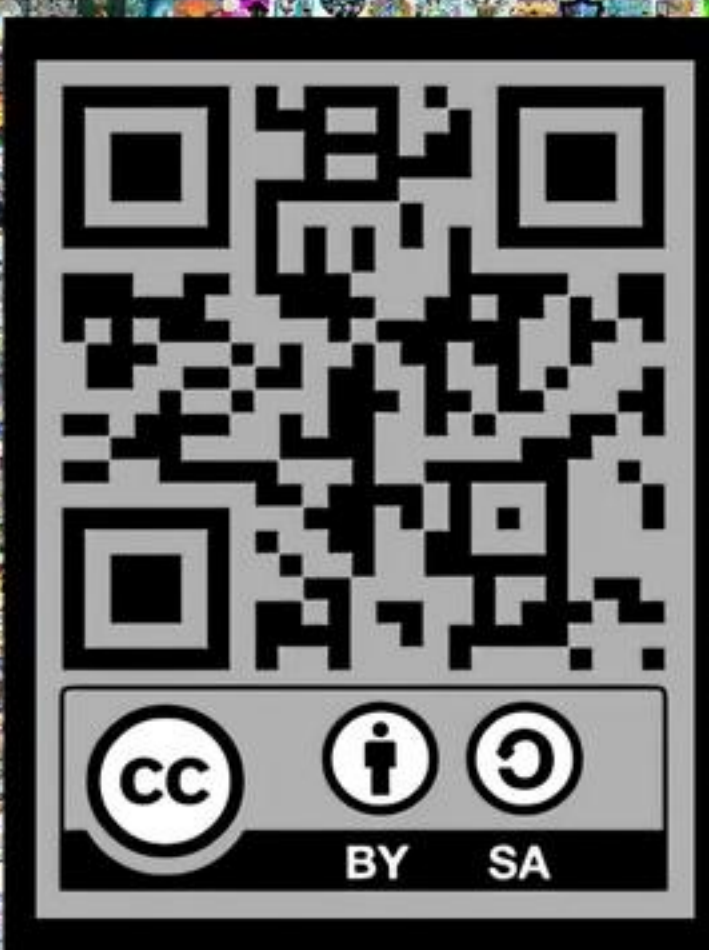
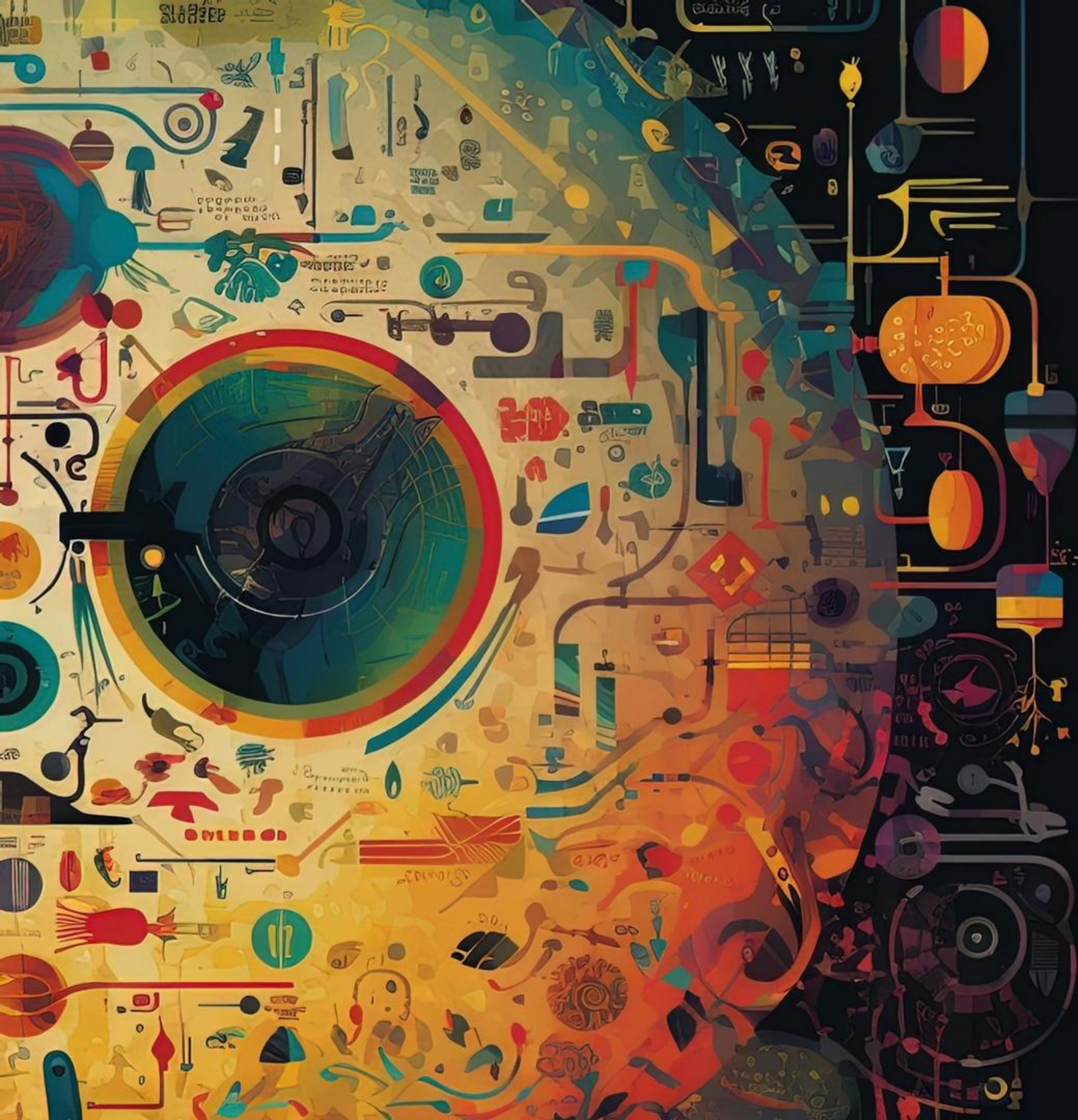


SCHOLARLY STANZAS





Cannon-bard Theory of Emotion

The Cannon-Bard theory of emotion suggests that emotional experiences arise simultaneously from the thalamus and the cortex of the brain. According to this theory, emotions are not caused by bodily reactions, but rather by a release of neural signals in response to a perceived stimulus. These signals trigger both the subjective experience of emotion and the physiological response associated with that emotion, allowing for a more immediate and direct experience of emotional states. The theory emphasizes the importance of the brain in shaping emotional experiences and suggests that emotions are not simply the product of physical reactions, but rather a complex interaction between the mind and body.



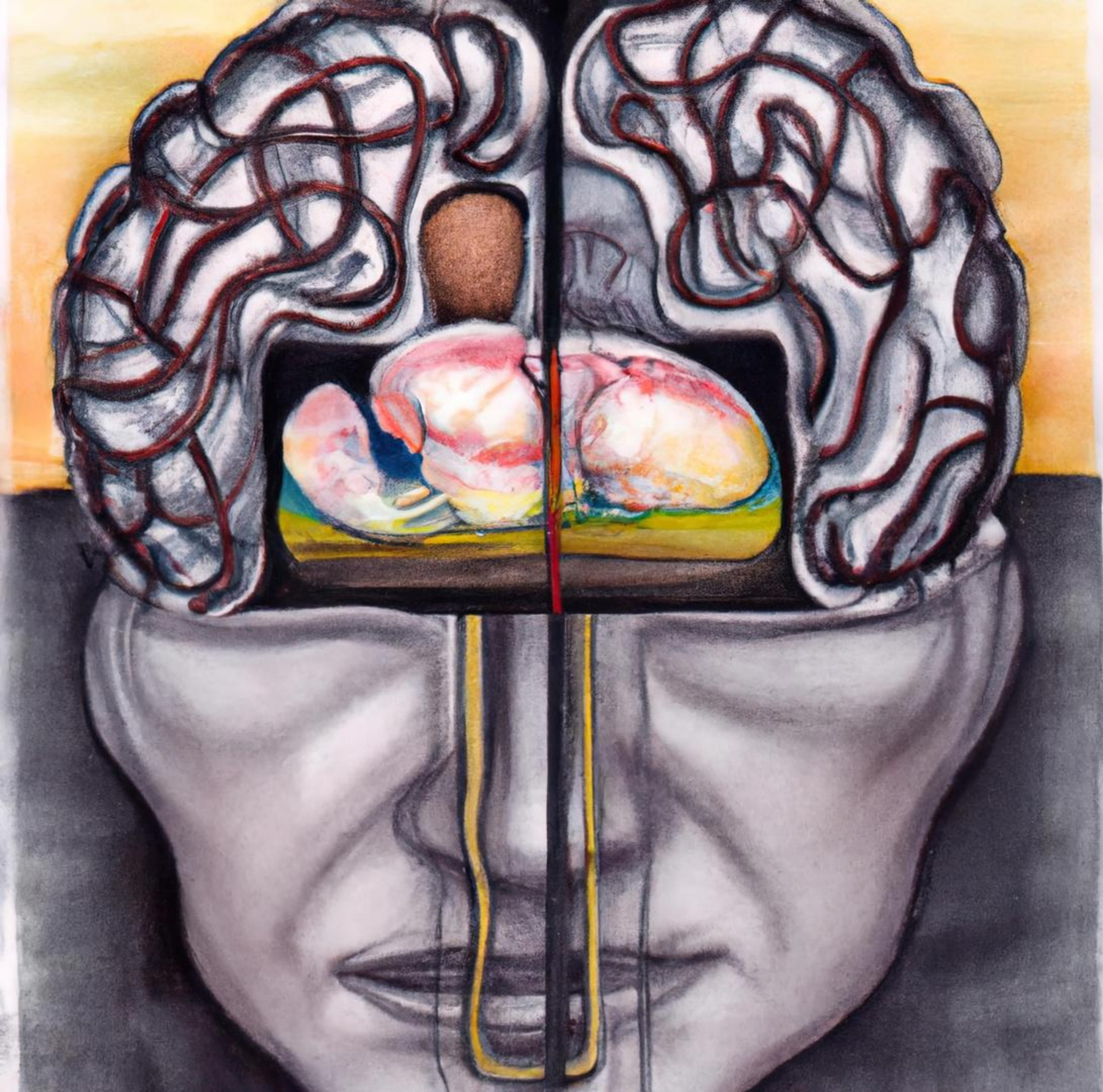
Intro

Another day, another feeling
Gotta know how it affects our being
How does it all come to fruition
We gotta study our emotions' mission!



Verse 1

A stimulus, a signal received
Our senses, they are so well engineered
A shot of adrenaline, we're now hyped
From our brain, a bodily response is ripe



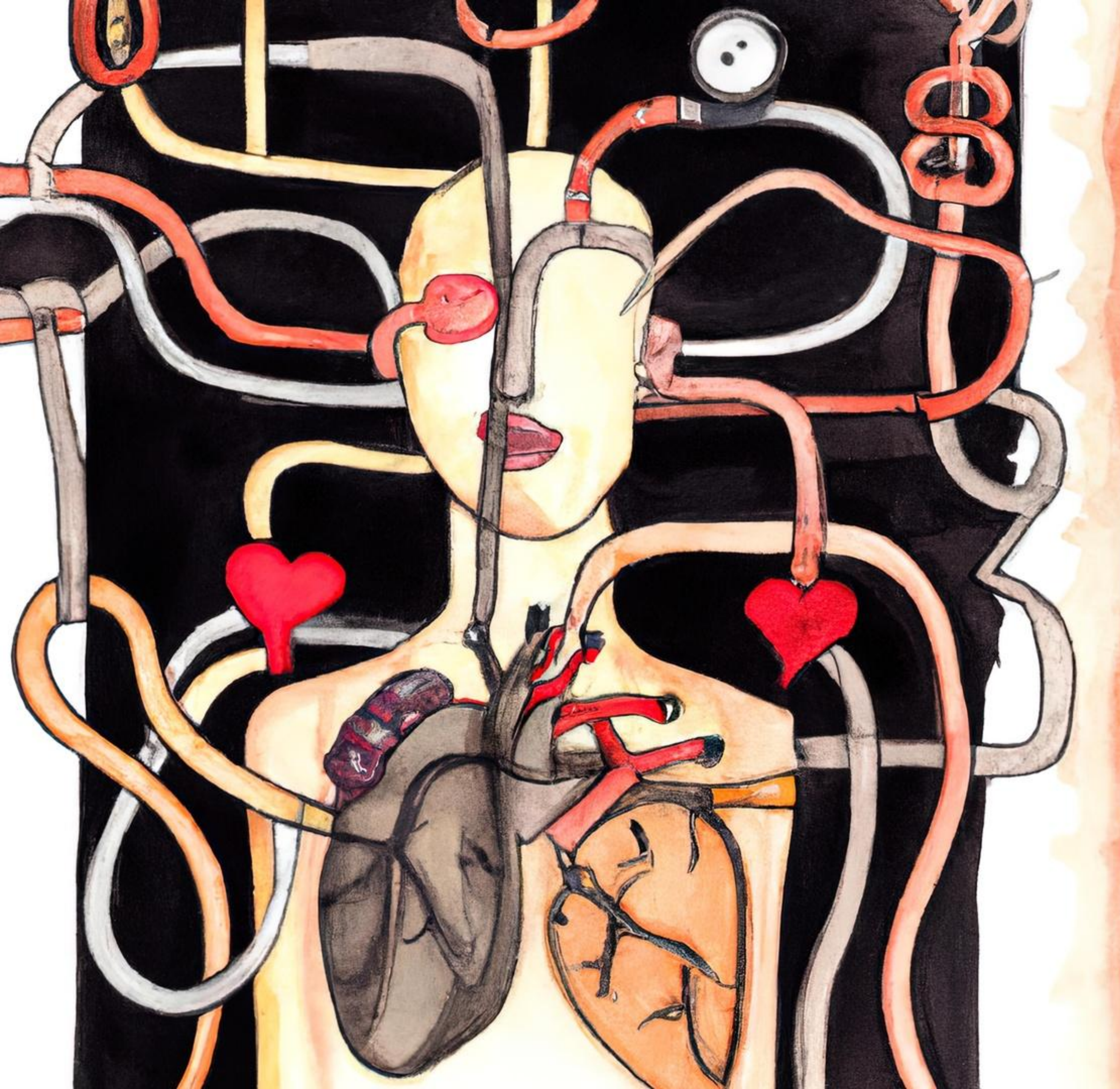
Verse 2

The thalamus sends it to the cortex
Where it's translated, we're not perplexed
Our thoughts will dictate how we'll act
In the next few moments, that's a fact



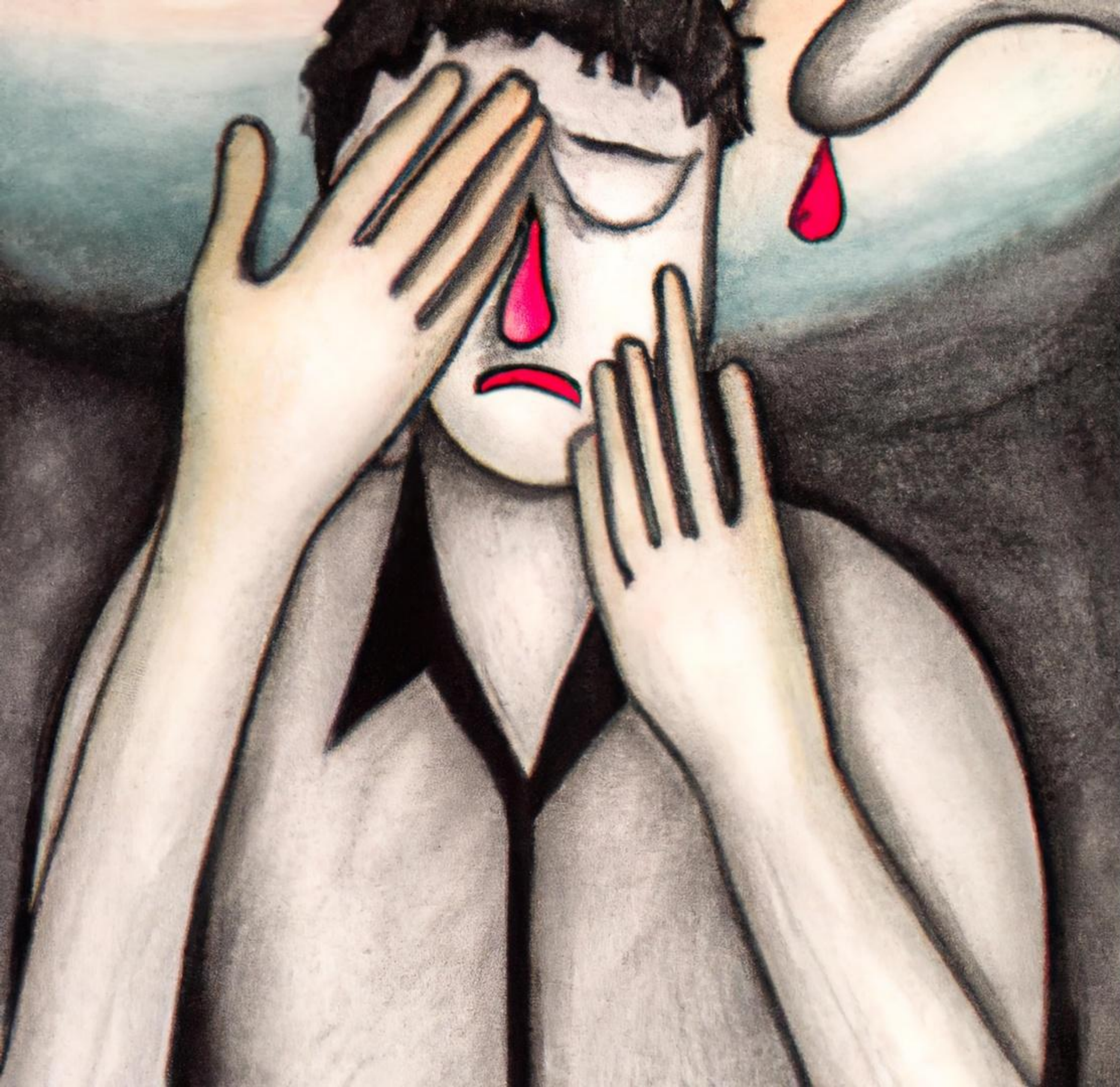
Chorus 1

We feel before we know
Our emotions, they will show
Intrinsic to who we are
They give us the drive to go far



Verse 3

The hypothalamus, it's a big player
A key part of our emotional layer
It'll orchestrate our body's reaction
To keep us safe, no need for distraction



Verse 4

The amygdala, it's in charge of fear
It'll make us jump or shed a tear
But it also knows joy, it knows love
All of our emotions fit like a glove



Chorus 2

We feel before we think
Our emotions, they force us to blink
They guide us, shape what we do
Our response, they'll construe



Verse 5

Autonomic nervous system, it's in control
It'll speed or slow our heart, it's on a roll
Our sweat or tears, they'll be induced
All comes though when our emotions are produced



Verse 6

The body's reaction, it's so quick
Our emotions, they have a big kick
It's everywhere, we can't escape
We'll have to learn how to reshape



Chorus 3

We feel before we speak
Our emotions, our actions will tweak
Our mind and body are one
Their complex dance, it's never done



Outro

Our emotions, they're a bittersweet ride
They're always there, they never hide
So take a moment, feel it all
The good, the bad, the big, the small.