



**High Anxiety and
Spiraling Negativity**

**High Anxiety and Spiraling Negativity:
Managing the Emotional Contagion on Campus**

Dr. Helen MacLennan and Dr. Dale Mancini



What is Emotional Contagion?





All emotions are not created equal.





How Negativity Can Manifest Itself





The Influence of Negativity





- Be aware.
- Avoid Negative Comments.
- Practice Gratitude.
- Practice Positivity.
- Use Positive self-talk.
- Seek out Positive Relationships.





**Let's Stop
The
Negativity.**



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