

Hi, and welcome!

- 1) First, please visit **menti.com** and enter the code: **6620 2430**
- 2) You'll be asked to answer **3 questions** as they present themselves.

*There are **no right or wrong answers**. Try and answer the questions as quickly and honestly as possible. All answers are anonymous.

Are you ready?



Take baby steps: How to promote trust and have better relationships

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“A blink of an eye”

- ✓ 33ms to 100ms = first impression
- ✓ “babyfacedness”
- ✓ Familiarity to people we know
- ✓ Emotional expressions

Zebrowitz (2017)



Today

1. What is social trust $\leftarrow \rightarrow$ mental health?
2. Solutions to better relationships & working environment.

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POLL 1

➤ What is your level of trust in others?

Today

1. What is social trust \leftrightarrow mental health?
2. Solutions to better relationships & working environment.

You will:

- **Learn** how trust can enhance the self and relationships.
- **Gain** new skills and cognitive strategies in tackling existing/future challenging relationships.
- **Reflect** and **identify one measurable area for meaningful change**.
- **Access credible online resources to continue** your journey towards *better* mental wellbeing.



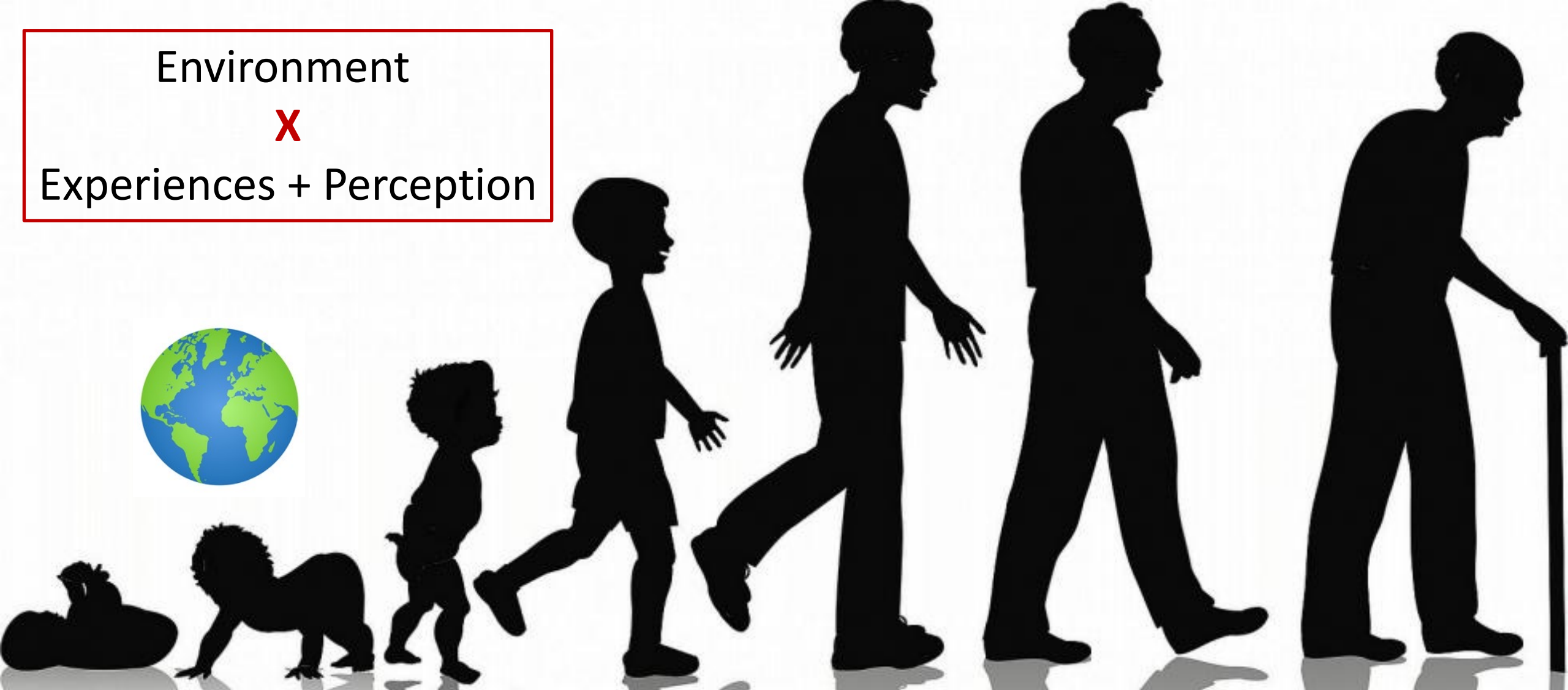
Why are we
interested in trust?

- Bedrock
- Constantly tested and challenged
- Need for social functioning

Environment

X

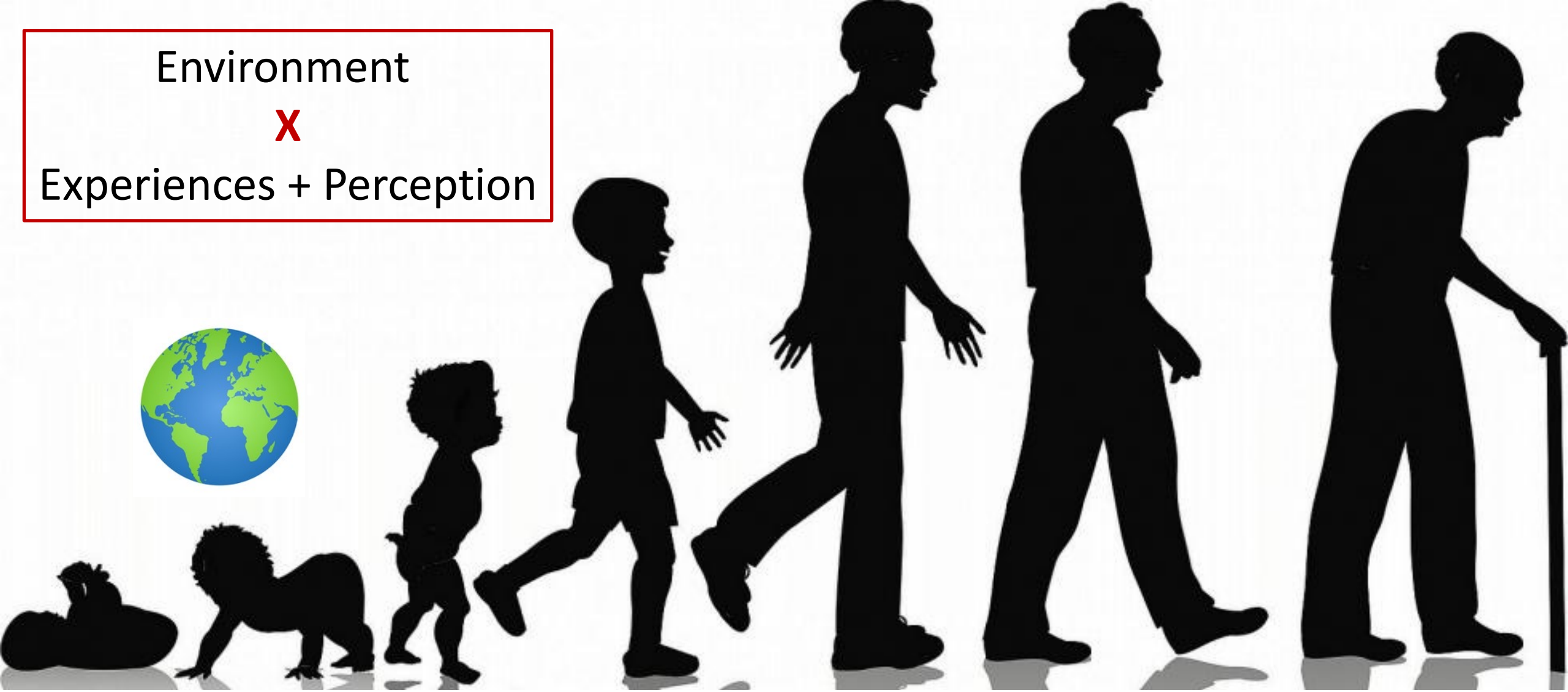
Experiences + Perception



Environment

X

Experiences + Perception

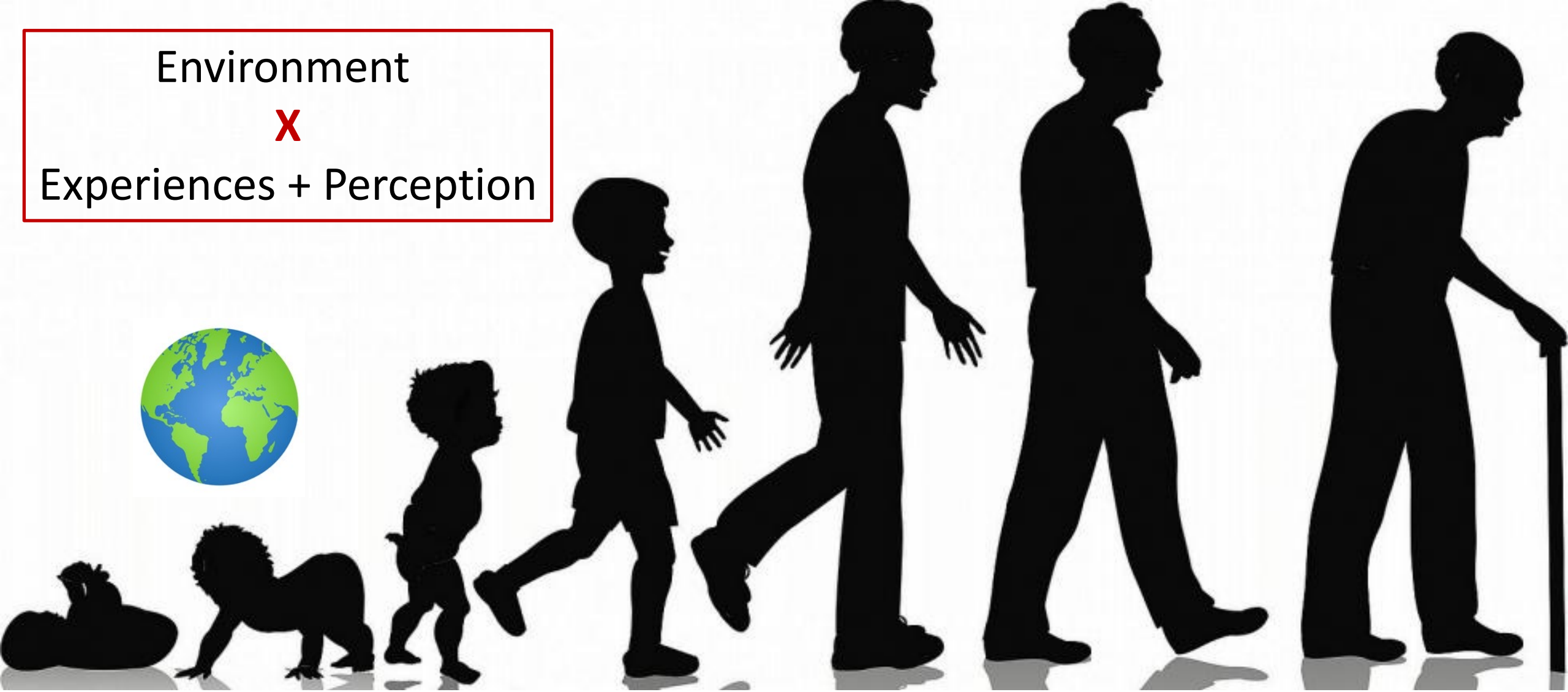


➤ Epistemic trust

Environment

X

Experiences + Perception



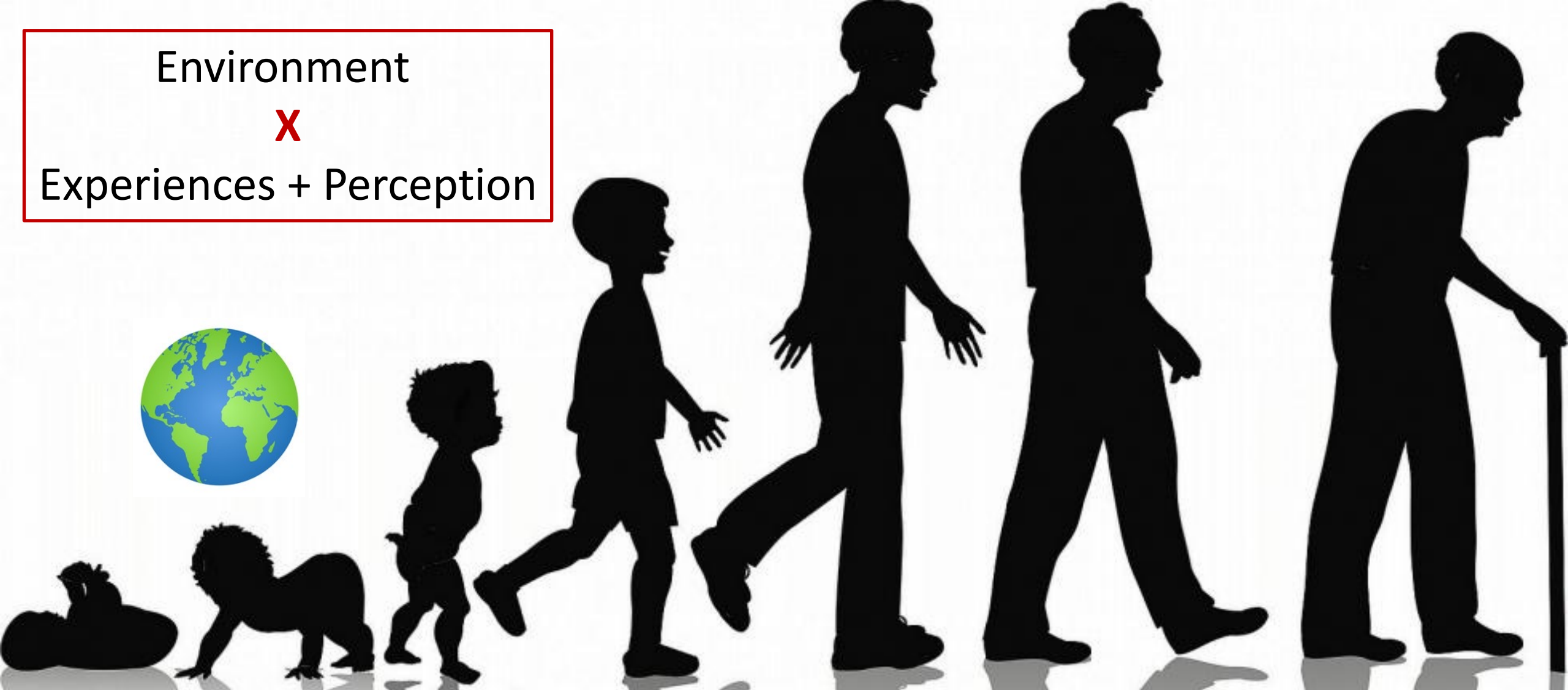
➤ Epistemic trust

➤ Social trust via interactions

Environment

X

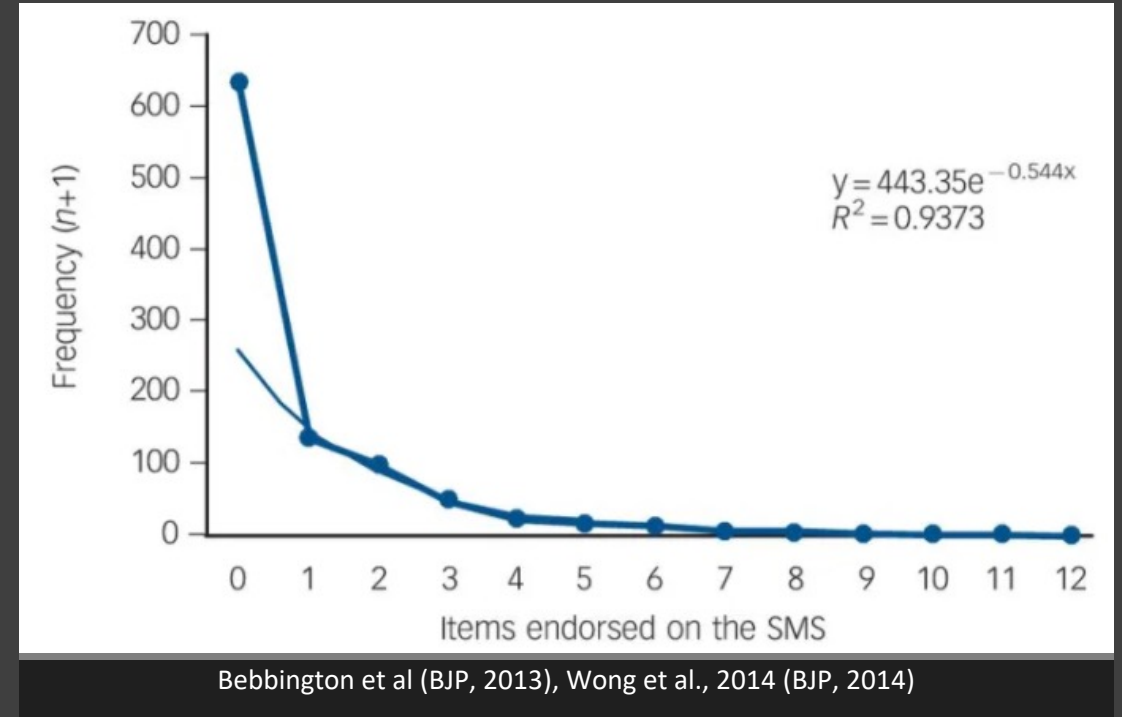
Experiences + Perception



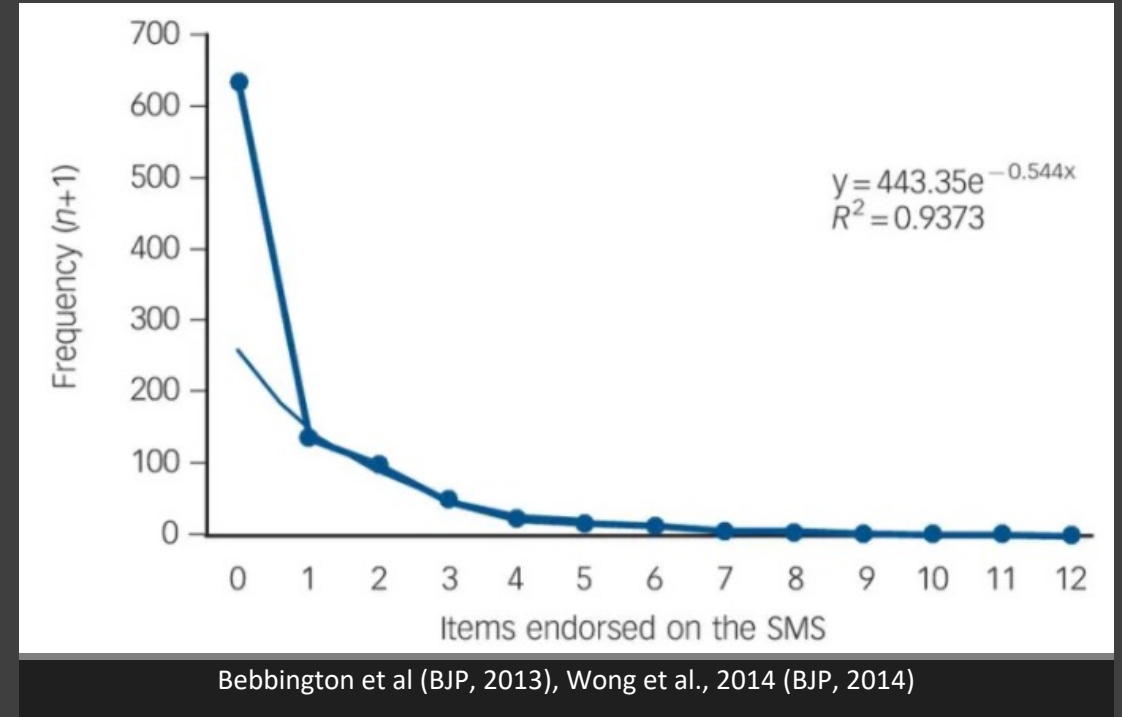
➤ Epistemic trust

➤ Social trust via interactions

➤ Persecutory delusion patients

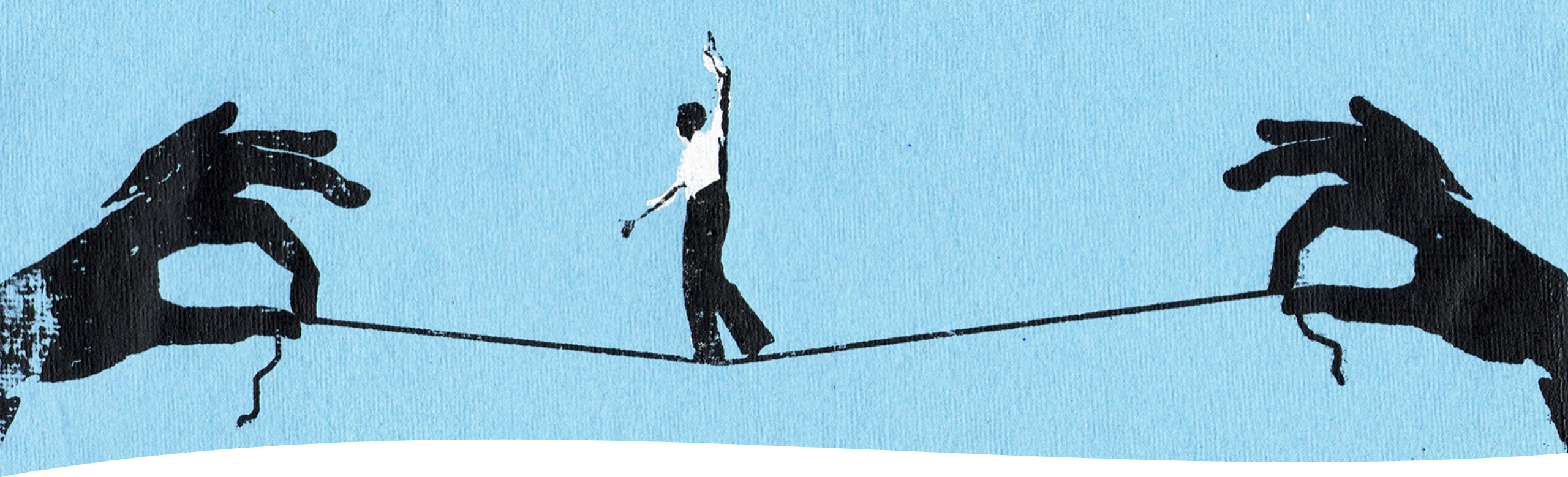


- **Poorer mental health**
- **Physical health** e.g., heart problems, social withdrawal
- **Continuum**
- **Key symptom** of schizophrenia

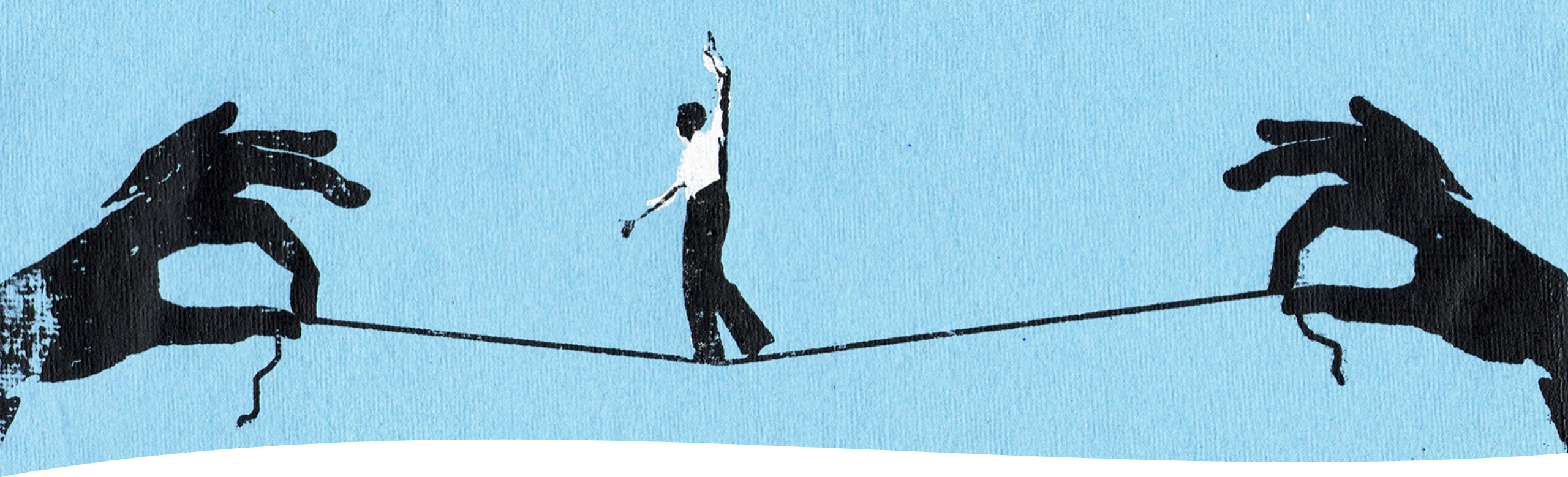


- Poorer mental health
- Physical health e.g., heart problems, social withdrawal
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- Key symptom of schizophrenia

Paranoia, excess social mistrust is “the unfounded fixed belief that others are out to cause intentional harm” (Freeman & Garety, 2000)



So, trusting others is really a delicate balancing act.



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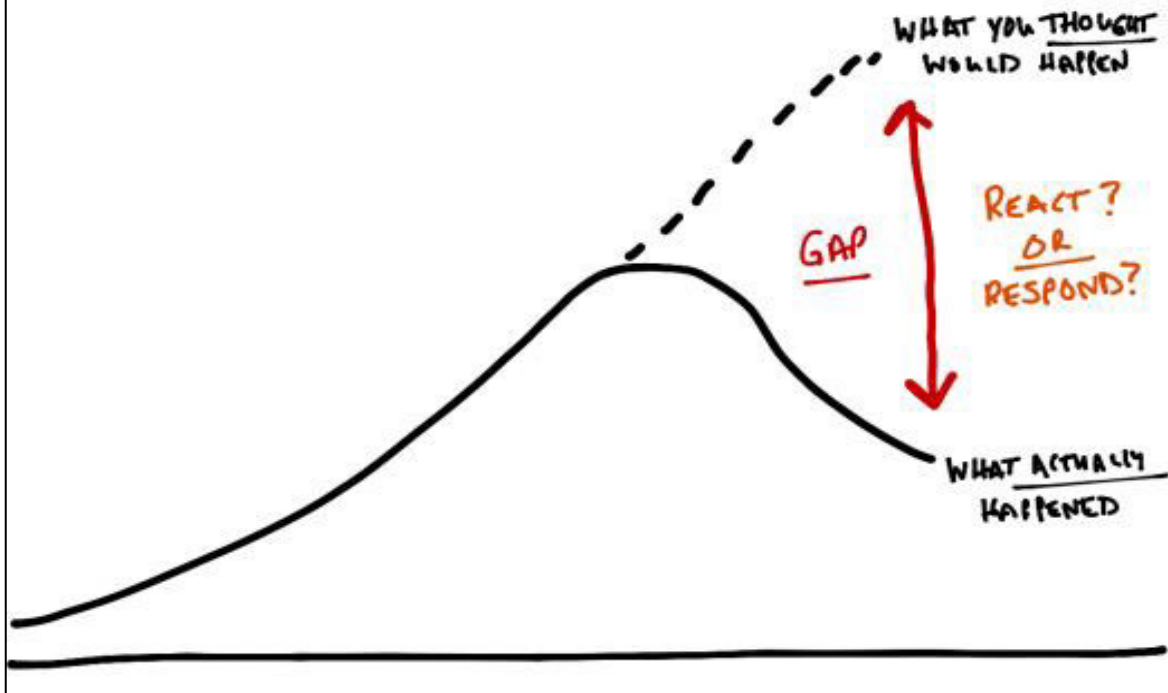
Menti (**6620 2430**):

- Think about one challenging relationship you may have had in the past or is having now – **why is this relationship challenging?**

What is going on?

Expectation vs. Reality Mismatch

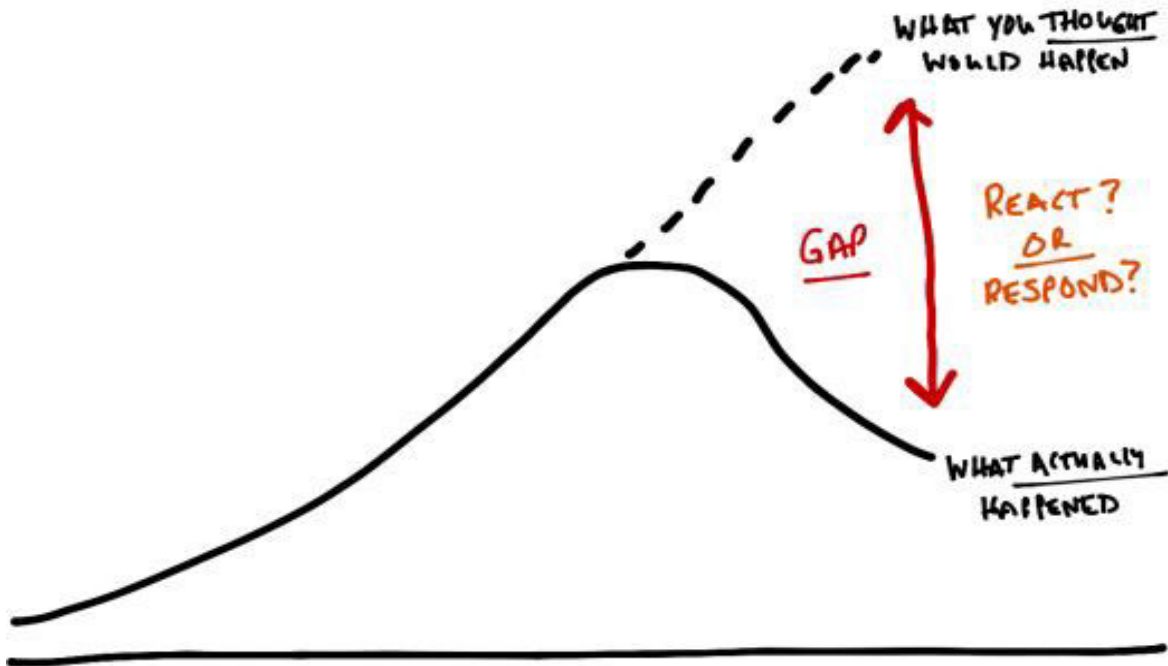
EVERY DAY LIFE



Expectation vs. Reality Mismatch

✓ Compartmentalize: **controllable vs. uncontrollable**

EVERY DAY LIFE



Success



what people think
it looks like

Success



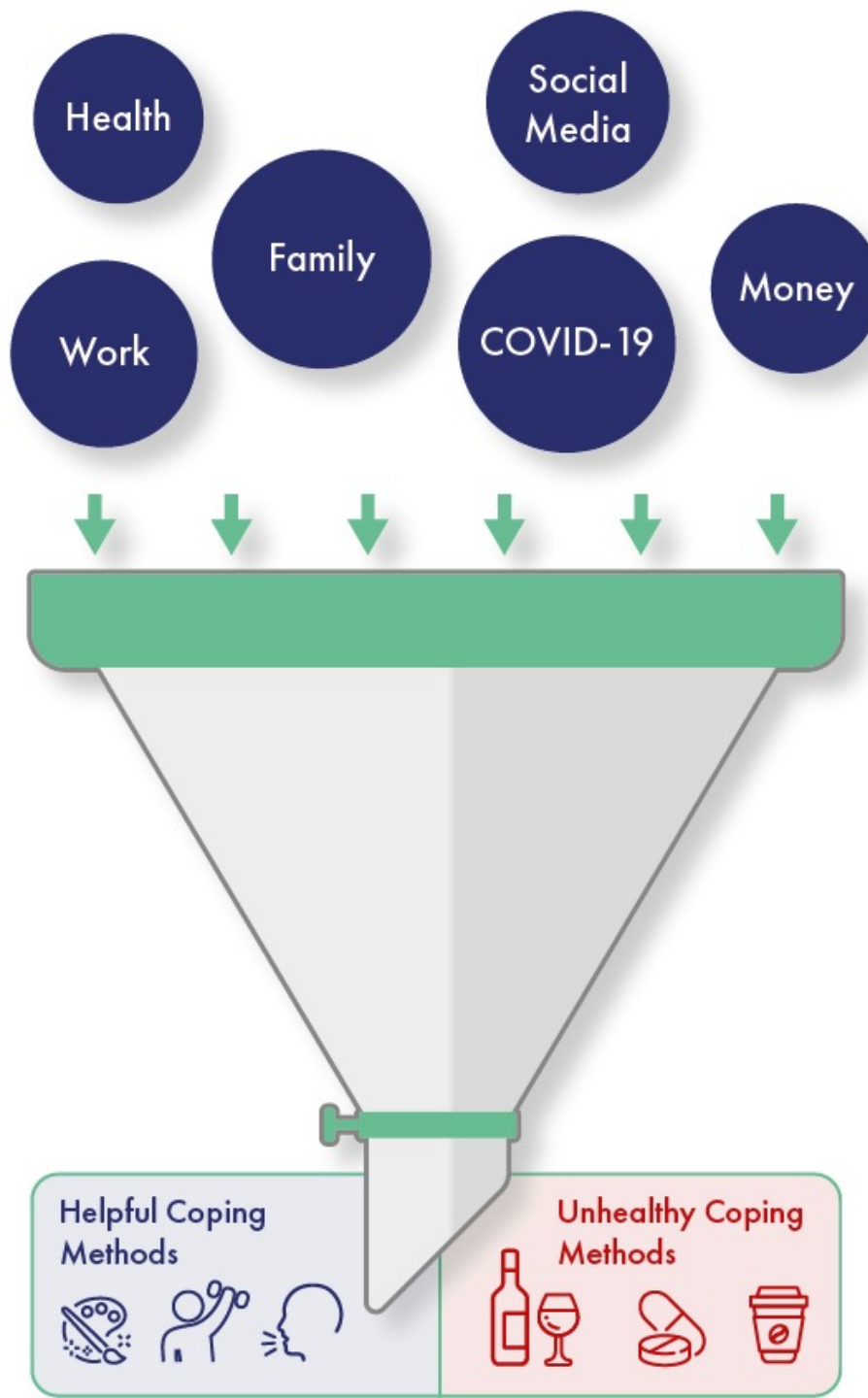
what it really
looks like

“I am very stressed!”



Yerkes-Dodson Curve

- ✓ Optimal level of stress
- ✓ Good stress, bad stress
- ✓ Test what works for you



Burnout or overwhelmed

- ✓ Identifying **helpful** vs. **unhelpful** coping strategies
- ✓ Recognize **physical** signs



What **mindset** are you in?

Menti (6620 2430):
What are you *currently* stressed about?

...And here are mine:

stress

fear of failure

no motivation

email pop-ups

deadlines (never ending)

phone notifications

other's expectations

argument

set-back

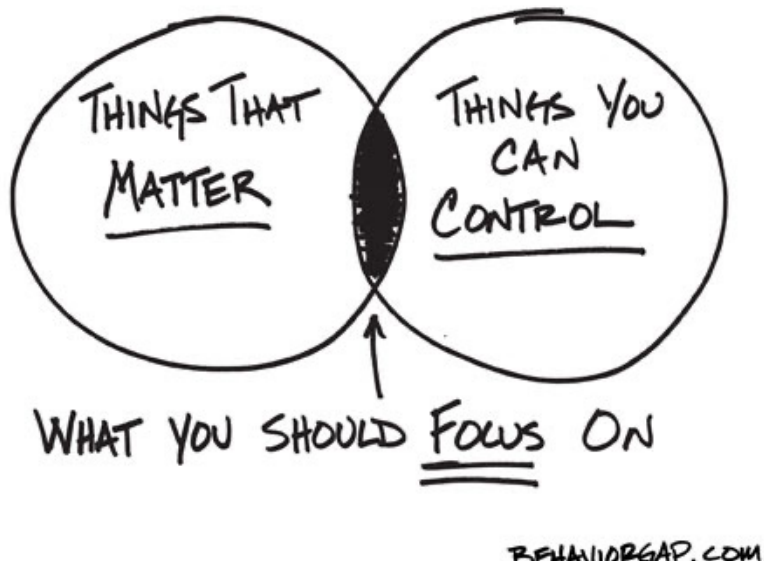
anxiety

not exercising (at all)

eating poorly

nightmares

...And here are mine:



stress

fear of failure

no motivation

email pop-ups

deadlines (never ending)

phone notifications

other's expectations

argument

set-back

anxiety

not exercising (at all)

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nightmares

1-minute: Identify **one** area for change

1. Perception

- When do you '**jump-to-conclusions**' about others?

2. Emotional response / reaction

- What was the **context** the last time I erupted in anger?

3. Behavior

- What do I **do** when I am stressed?

What is your...

- Expectation and reality?
- Controllable or not?
- Helpful coping strategy?
- 'Mindset' (*Now*)?

So, what can I do to foster more trusting relationships?

☐ **Understand** own biases (cognitive, perceptual, visual, audio)

- ✓ Ask: When do I 'jump-to-conclusions'?
- ✓ Do: Look for alternative explanations

☐ **Contextualize** your emotions

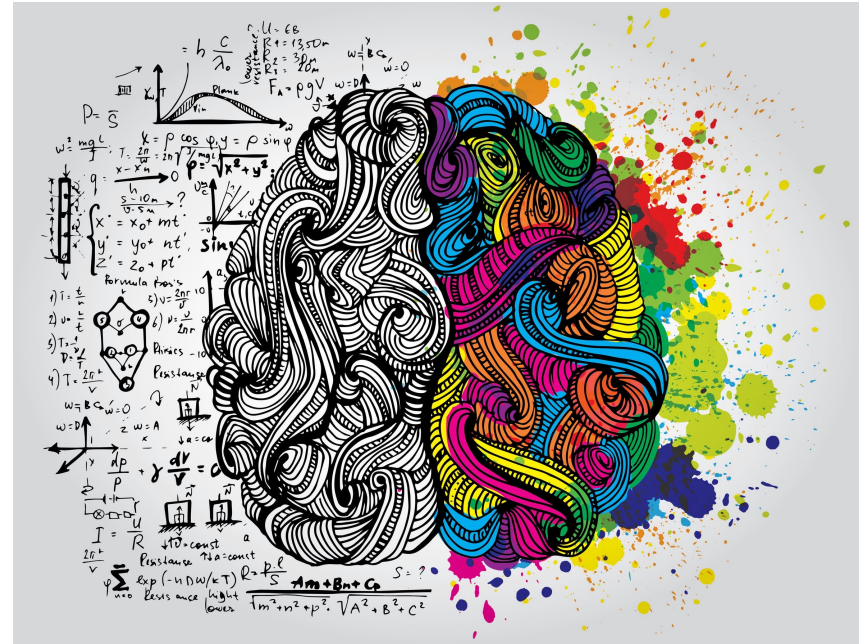
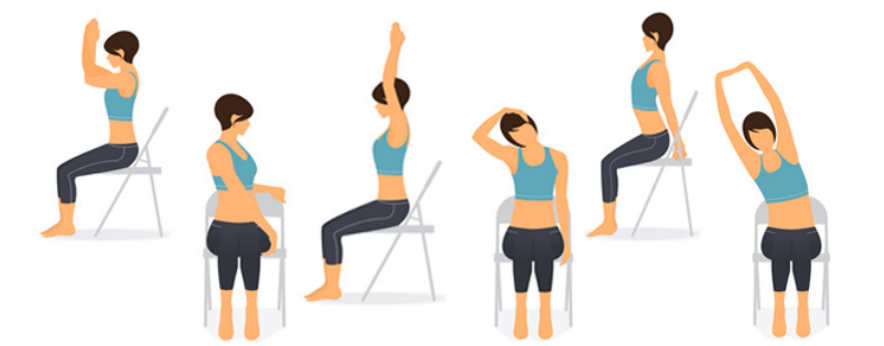
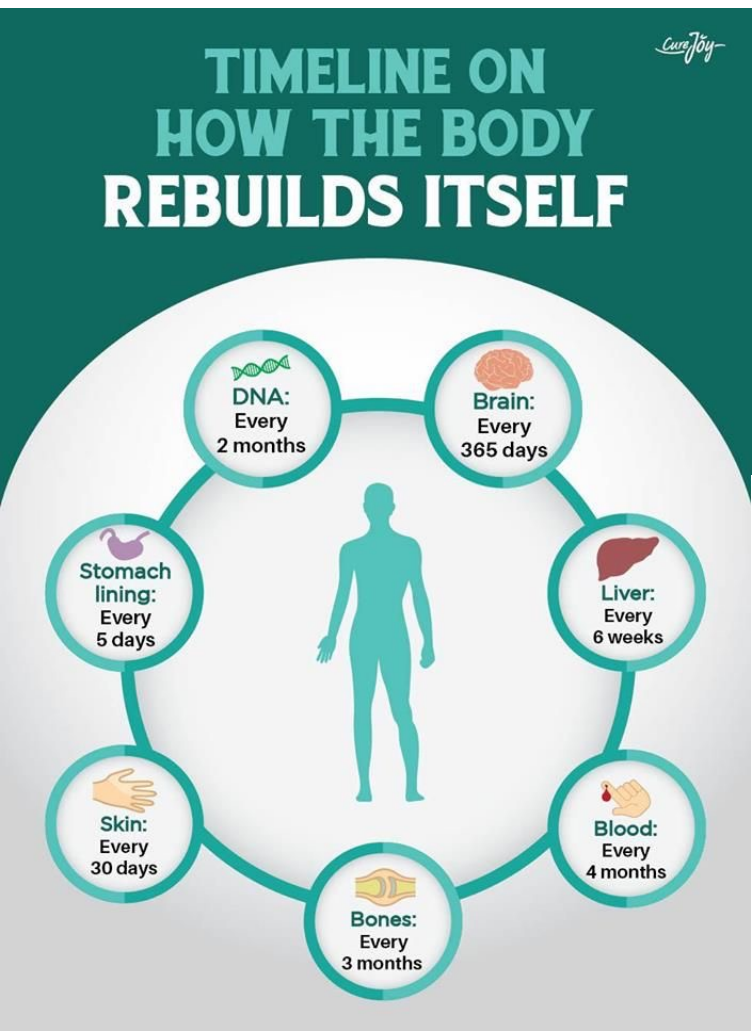
- ✓ Ask: Why am I reacting this way?
- ✓ Do: Identify how your behaviour maybe affected by your **physical** and emotional responses.

☐ **Learn** what works for you (life-long journey)

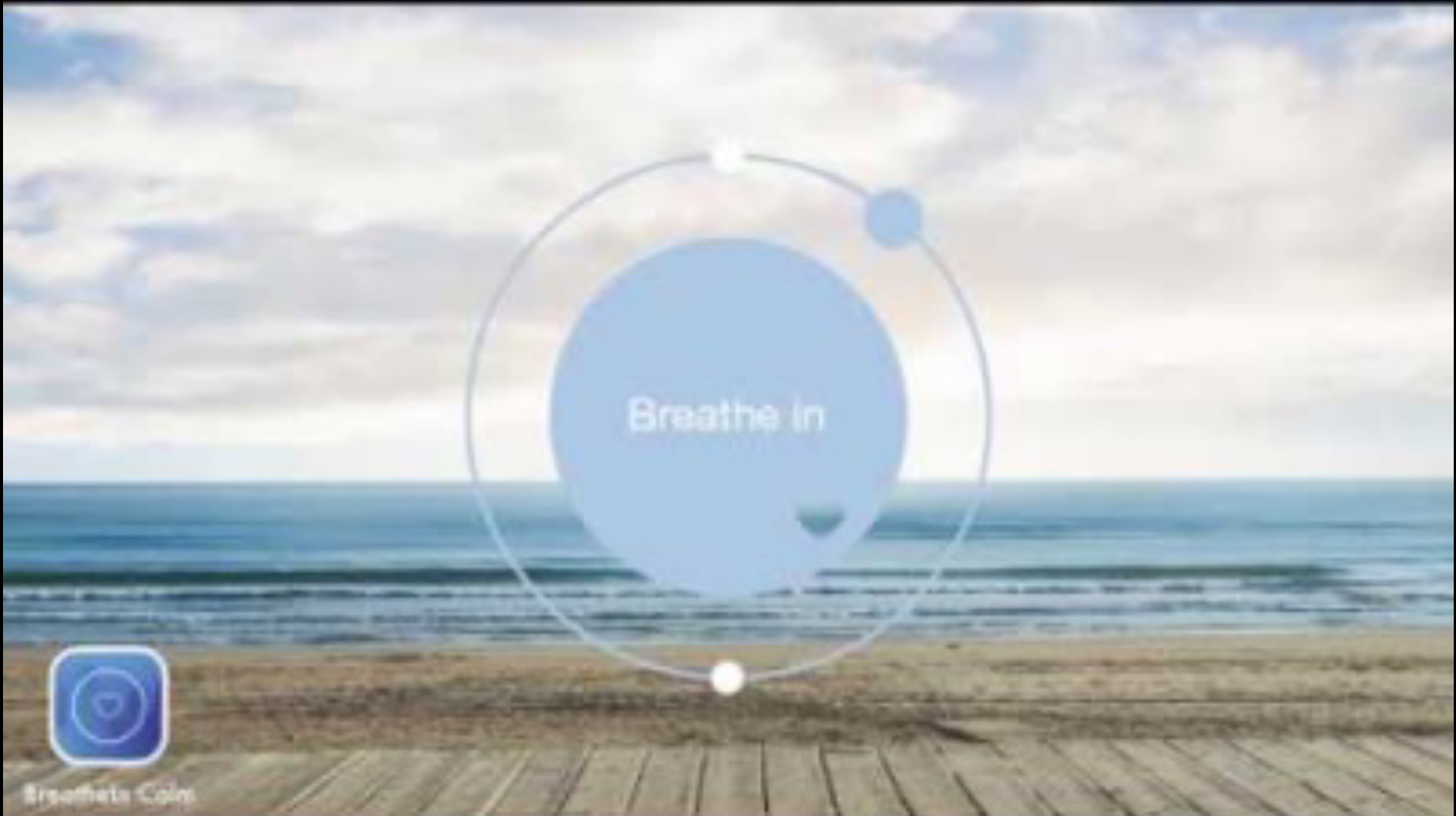
- ✓ Ask: What environment am I best suited in? Who do I work with best and why?
- ✓ Do: Reflect without judgement and be open to constructive feedback

Try, test, try again to see what works for you

What has worked before?



Let's try one together...



Summary

1. The root of a trusting relationship lies in understanding yourself.
2. Observe your interactions with others, and in turn your environment.
3. Stay curious. Find out what works for you!

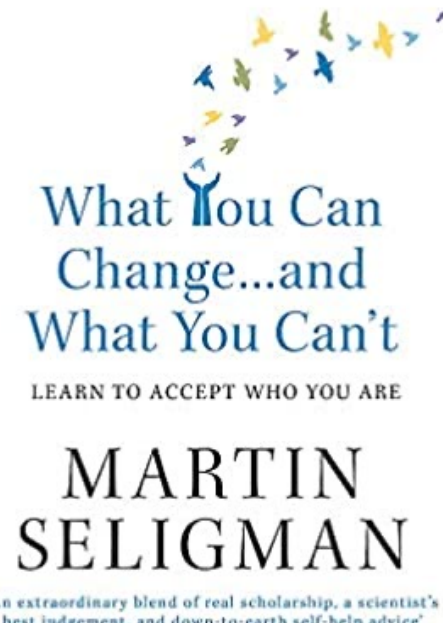


Stay curious!

- ✓ **Learnt** how trust can enhance the self and relationships.
- ✓ **Gained** new skills and cognitive strategies in tackling existing/future challenging relationships.
- ✓ **Reflected** and **identified** one measurable area for **meaningful change**.
- ✓ **Access to credible online resources to continue** your journey towards *better* mental wellbeing



Google
scholar



What You Can
Change...and
What You Can't
LEARN TO ACCEPT WHO YOU ARE
MARTIN
SELIGMAN
'An extraordinary blend of real scholarship, a scientist's
best judgement, and down-to-earth self-help advice'

[The
Knowledge
Project]

with Shane Parrish

fs

Work
Life **TED**
WITH **ADAM GRANT**



You're invited to join our conversations, 5-6:30 (BST)
GlobalCOVIDStudy.com/events/

- **2 June** | Lockdown impacts on Mental Health: Greece & UK
- **16 June** | How Do We Trust (Again)? Paranoia & Mental Health
- **30 June** | Family Life: Stress, Relationship Conflict & Child Adjustment
- **14 July** | Doctoral Students' Educational Stress & Mental Health
- **28 July** | Let's Talk! What do you need to recover from the pandemic?

The UCL-Penn Global COVID Study presents

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Lessons from COVID-19: Reflections, Resilience and Recovery

How has COVID impacted our health? When can things get back to normal? How have we been coping? If you've ever thought about these questions, this webinar is for you!

2 JUNE – 28 JULY 2021 | 5–6:30PM BST

The UCL-Penn Global COVID Study launched in April 2020 is a 12-month longitudinal study of the impact of COVID-19 on social trust, mental health, and physical health. In collaboration with 6 institutions from Italy, Singapore, USA, China, and the UK we invite you to join us in conversation with our team and experts for our free virtual summer webinar series.

Webinar Speakers



Dr. Keri Wong (PI)
Assistant Professor of Psychology, University College London



Dr. Gianluca Esposito
Associate Professor, University of Trento Italy & Nanyang Technological University Singapore



Dr. Jill Portnoy
Assistant Professor, School of Criminology and Justice Studies, University of Massachusetts Lowell



Giulio Gabrieli
PhD Candidate, Nanyang Technological University Singapore



Alessandro Carollo
Research Assistant, University of Trento Italy



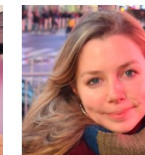
Dr. Wang Yi
Associate Professor, Institute of Psychology, Chinese Academy of Sciences



Dr. Andrea Bizzego
Post-Doc, University of Trento Italy



Vassilis Sideropoulos
Research Technician, University College London



Jana Brinkert
PhD Candidate, University College London



Dora Kokosi
PhD Candidate, University College London

Summer Webinar Series:

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Questions?

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