

EMOTION REGULATION AND WELL BEING%0A

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Emotion is essential in human functioning. Adequate emotion regulation (ER) is thought to be a prerequisite for adaptive functioning in daily life as well as for psychological well-being and

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Regulation of these emotions, however, is essential for adaptive functioning, and suboptimal or dysfunctional emotion regulation may even be counterproductive and result in adverse consequences, including a poor well-being and ill health. This volume provides a state-of-the art overview of issues related to the association between emotion regulation and both mental and physical well-being. It

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Emotion Regulation and Well-Being is a state-of-the-art reference for health and clinical psychologists, neuropsychologists, and psychiatrists. It is also comprehensive enough to be a useful postgraduate text in health psychology, psychosomatics, clinical psychology, and social psychology.

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Emotion is a basic phenomenon of human functioning, most of the time having an adaptive value enhancing our effectiveness in pursuing our goals in the broadest sense. Regulation of these emotions, however, is essential for adaptive functioning, and suboptimal or dysfunctional emotion regulation may

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strategies are associated with adolescents well-being, 633
Italian adolescents completed a survey that measured, using the emotion regulation questionnaire (ERQ), the strategies of cognitive reappraisal (CR) and expressive suppression (ES), and their relationship with several well-being measures.

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