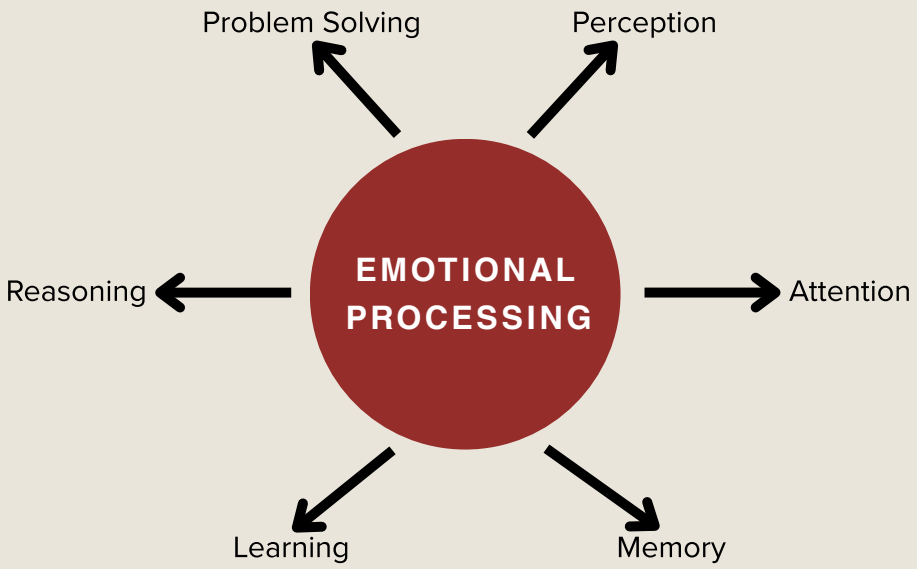
Cognitive Skills

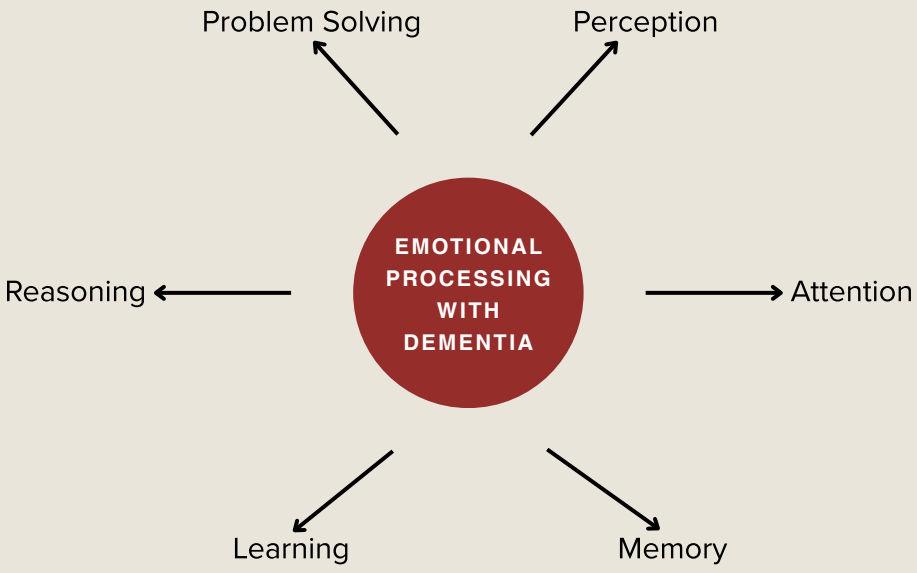
Impact of Thoughts, Feelings, Emotions

Emotions play a significant role in shaping human cognitive functions such as perception, attention, memory, learning, reasoning, and problem-solving. They have a pronounced impact on attention by influencing what information is prioritized and by driving motivation and behavior. This emotional modulation of attention and executive control is closely tied to learning, as our naturally limited attention is more effectively directed toward meaningful content. Additionally, emotions enhance both the encoding of new information and the efficiency of retrieving it later. In short, emotions play an important role in shaping the interpretation and retrieval of information and also influence cognitive tasks like decision-making and problem-solving.

Research exploring the connection between cognitive ability and mental health suggests that this relationship may be partially explained by factors such as how individuals cope with stress, their level of engagement in enjoyable activities, and their socioeconomic background. These influences appear to play a meaningful role in how cognitive functioning impacts emotional health, pointing to the importance of both personal behaviors and life circumstances in supporting mental well-being.



In Alzheimer's disease, there are impairments in emotional processing, which in turn impact cognitive abilities.



Emotional responses like fear, depression, and stress can impair cognitive functions like learning and memory. Positive emotions, on the other hand, have positive effects on long-term memory.

In Alzheimer's disease, there are impairments in emotional processing. These deficits seem to indicate a greater deficit in the recognition and processing of negative emotions and enhanced memory effect of positive emotions.

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