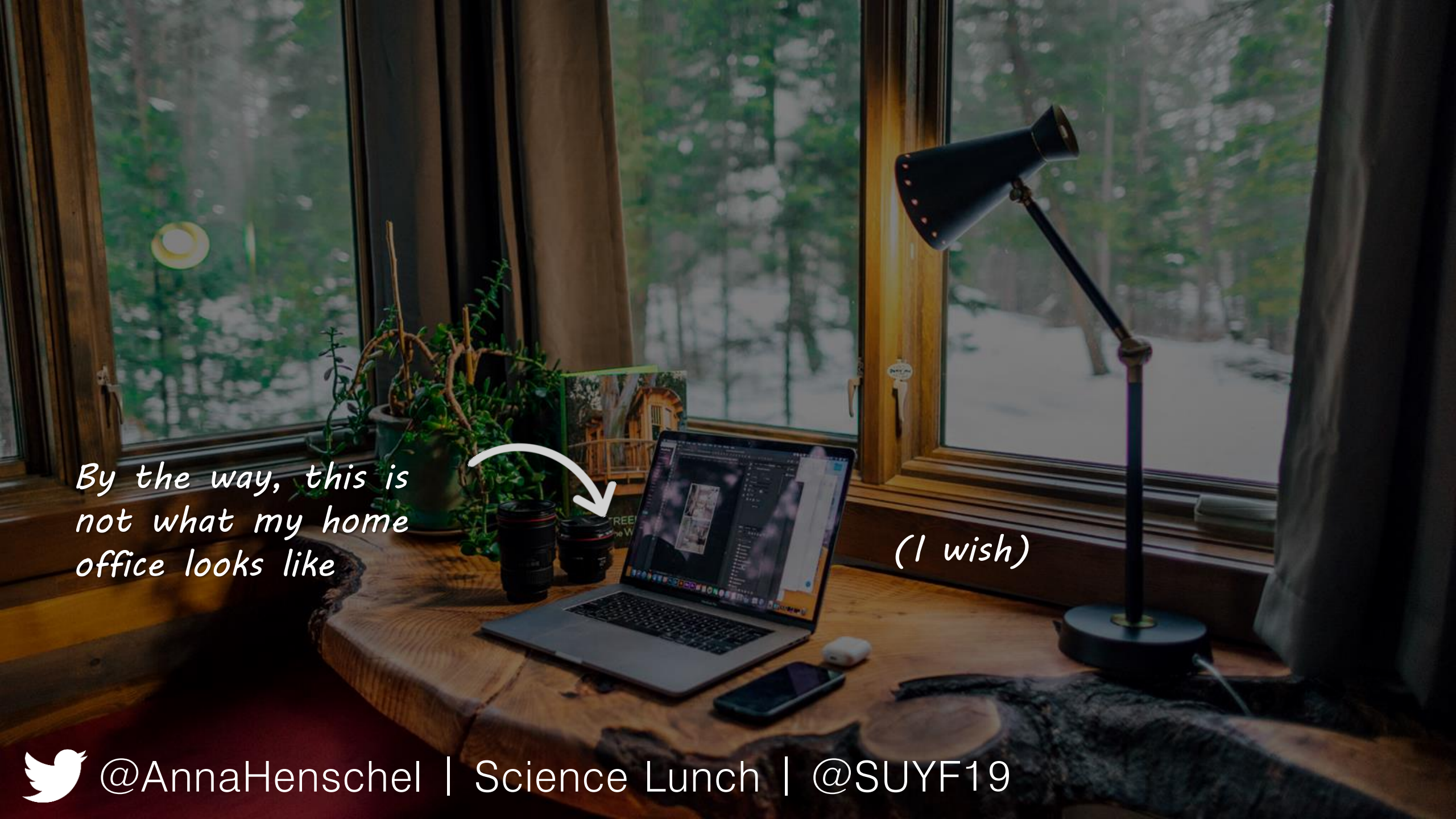


A home office setup on a wooden desk by a window. The desk is made of a thick, natural wood slab. On it sits a laptop displaying a website, a smartphone, a small potted plant, and two camera lenses. A black desk lamp is positioned to the right. The window in the background shows a view of trees and a building. The text "How to survive home office?" is overlaid in the center.

How to survive home office?

 @AnnaHenschel | Science Lunch | @SUYF19

A home office setup on a rustic wooden desk. A laptop is open, displaying a photo editing interface. To the left of the laptop are two camera lenses and a small potted plant. To the right is a black desk lamp. The desk is positioned in front of a large window with a view of a snowy forest. A white arrow points from the text to the laptop.

*By the way, this is
not what my home
office looks like*

(I wish)

Hello.

Hello.

Anna Henschel

Institute of Neuroscience & Psychology

University of Glasgow

Social Brain in Action Lab

BSc Psychology

- Konstanz University, Germany
- Internship @ UCI, California

2011-
2015

PhD Social Robots & Neuroscience

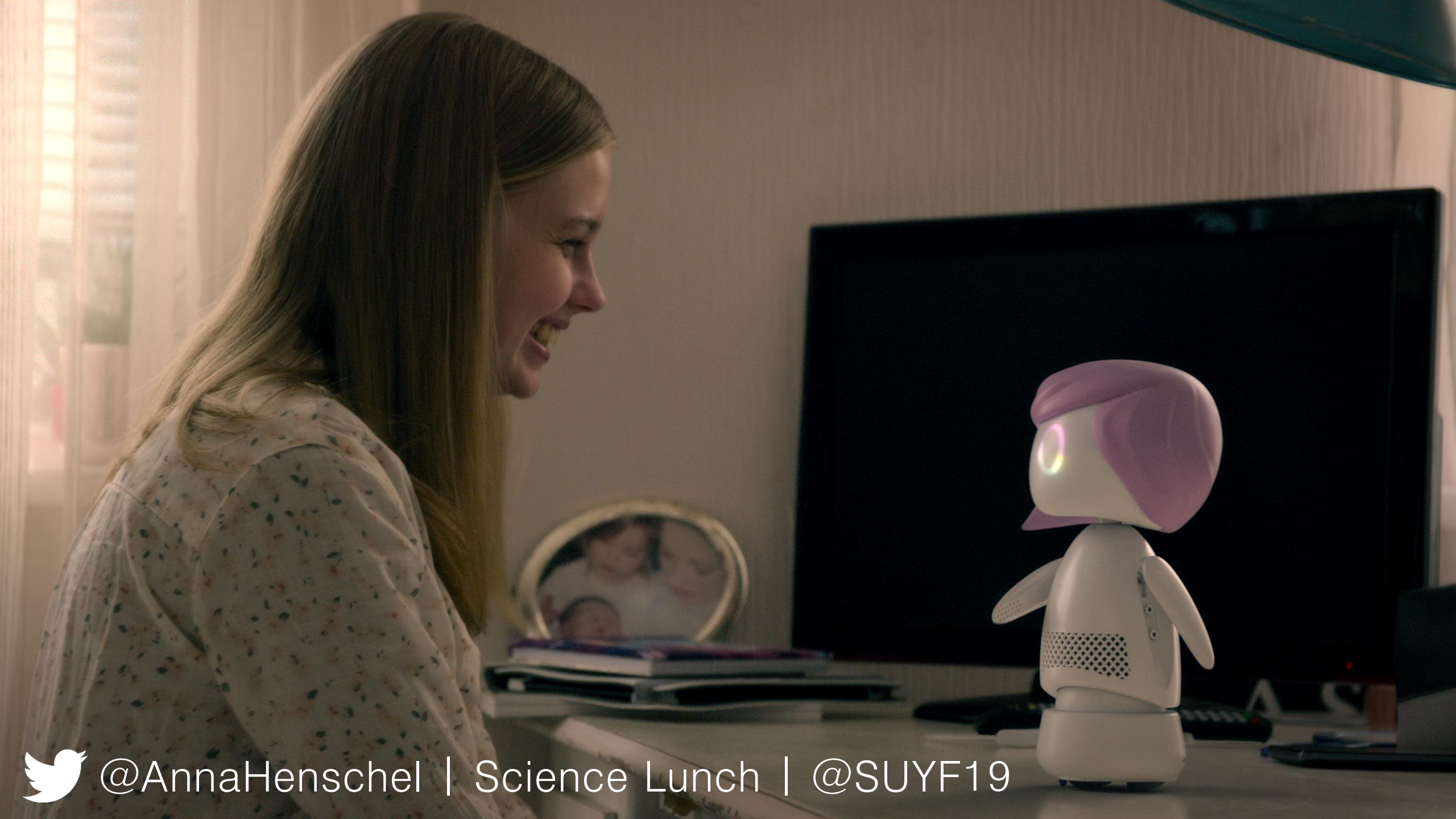
- University of Glasgow
- Research Fellow MARCS Institute Sydney

2017-
2020

2015-
2017

MSc Cognitive Neuropsychology

- VU Amsterdam, Netherlands
- Internship @ Social Brain Lab



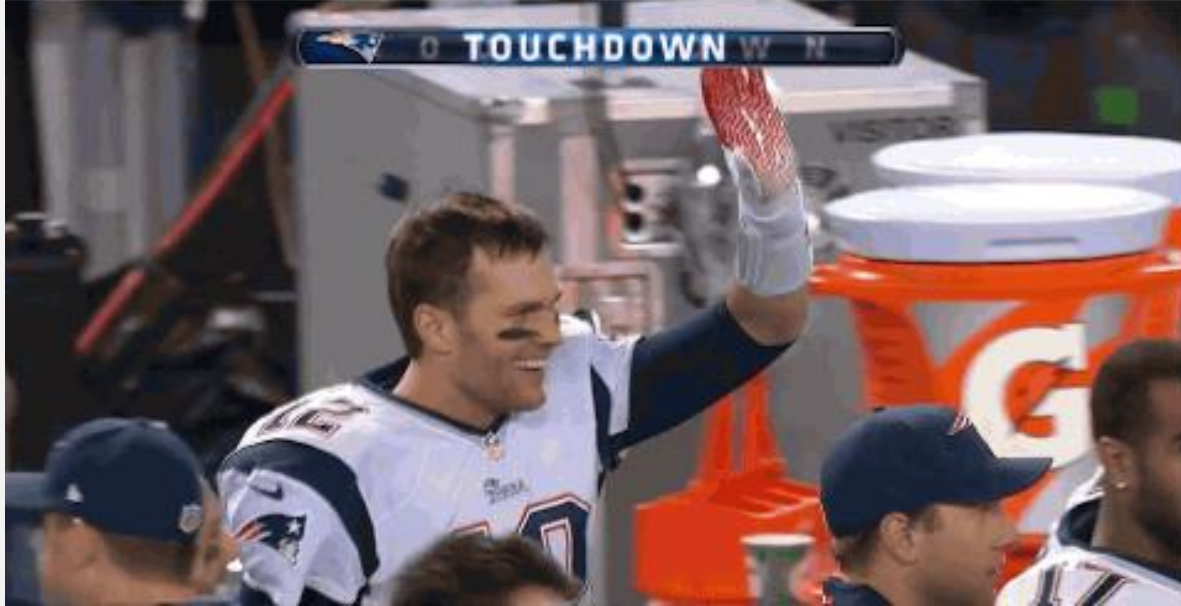
Social Robots =

- *Emotions*
- *Communication*
- *Relationships*
- *Gestures & facial expressions*
- *“Social competency”*



Social robots as companions.

Social robots as potential companions



Social interactions are hard.

Social robots as potential companions



Social interactions are hard.



Social Robots



Anki, Jibo, and Kuri: What We Can Learn from Social Robots That Didn't Make It

It's been a tough few years for social home robots:
Where do we go from here?

By **Guy Hoffman**

MATT SIMON

SCIENCE 04.29.2019 08:23 PM

R.I.P., Anki: Yet Another Home Robotics Company Powers Down

A third major home robotics outfit shuts down in a year. Why is it so hard to build a companion droid that everyone wants?

Henschel*, Hortensius*, & Cross, *Trends in Neurosciences*, 2020

Are we in the middle of a Social Robotics Winter?

Henschel*, Hortensius*, & Cross, *Trends in Neurosciences*, 2020

We argue ...

- *Discrepancy between expectations and robot abilities*

Henschel*, Hortensius*, & Cross, *Trends in Neurosciences*, 2020

We argue ...

- *Discrepancy between expectations and robot abilities*
- *Studying social cognition will help us make better robots*

Henschel*, Hortensius*, & Cross, *Trends in Neurosciences*, 2020

We argue ...

- *Discrepancy between expectations and robot abilities*
- *Studying social cognition will help us make better robots*
- *And will advance our understanding of the human brain*

Before I start...



Anna Henschel @AnnaHenschel · Apr 23

My dad kept walking in on my Zoom/ Skype/ Teams meetings (even waving to those I was meeting with), so I asked him to make a door sign for me and he delivered:



Before I start...

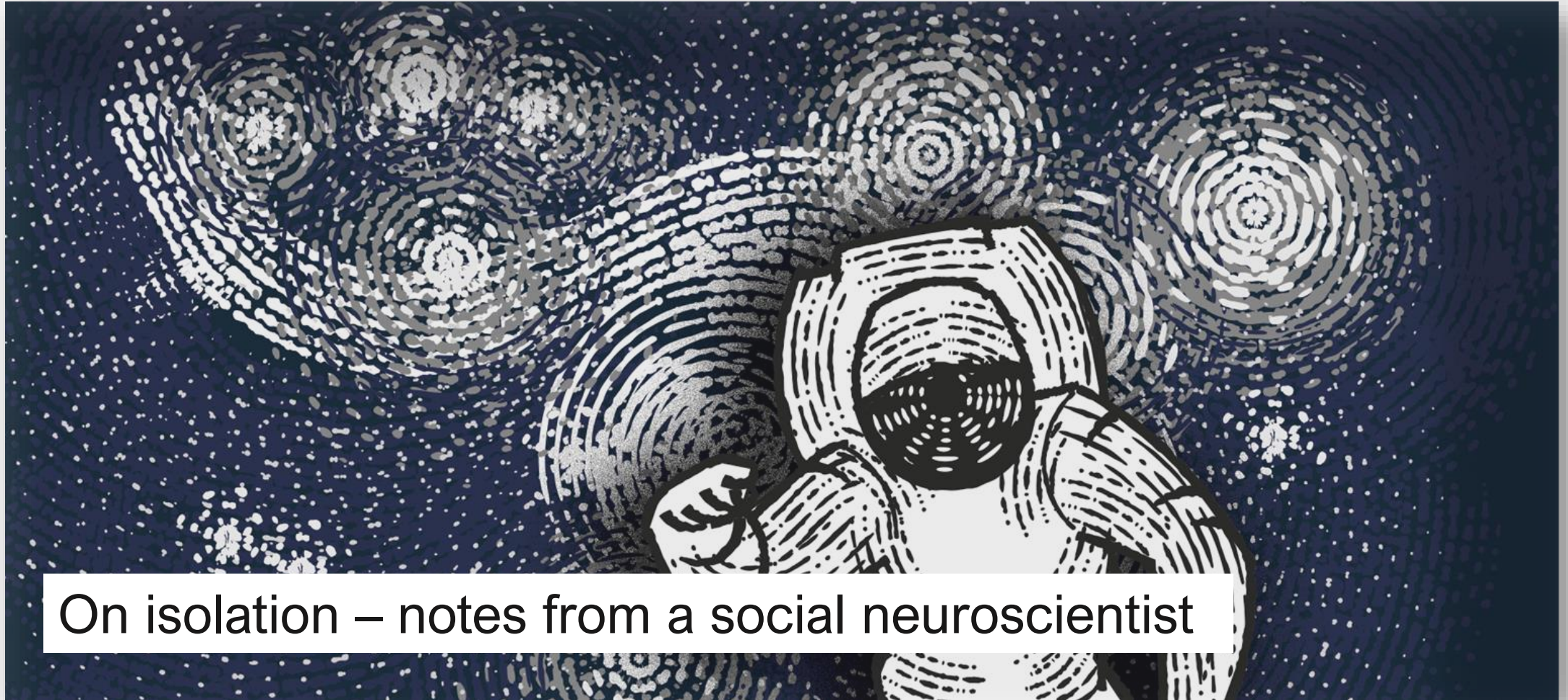


Anna Henschel @AnnaHenschel · Apr 23

My dad kept walking in on my Zoom/ Skype/ Teams meetings (even waving to those I was meeting with), so I asked him to make a door sign for me and he delivered:




*I also
struggle*



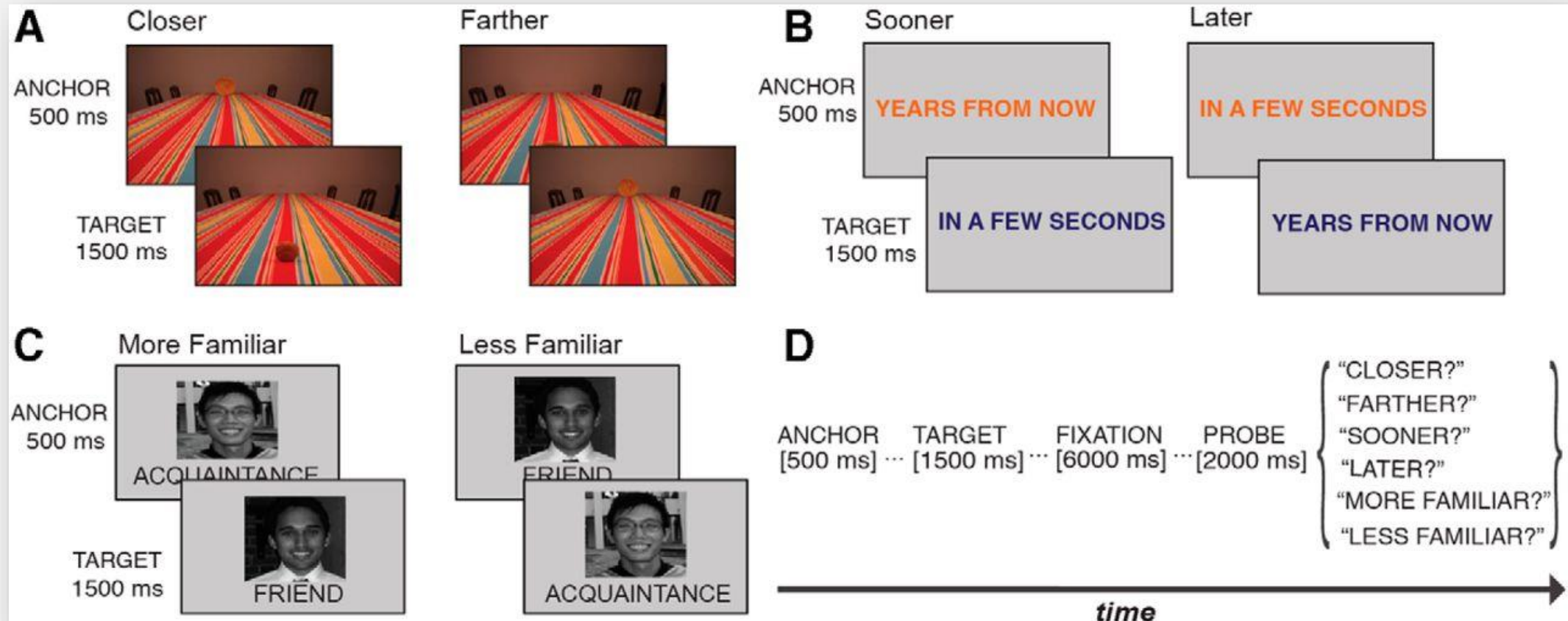
On isolation – notes from a social neuroscientist

<https://the-gist.org/2020/04/on-isolation-notes-from-a-social-neuroscientist/>

 @AnnaHenschel | Science Lunch | @SUYP19

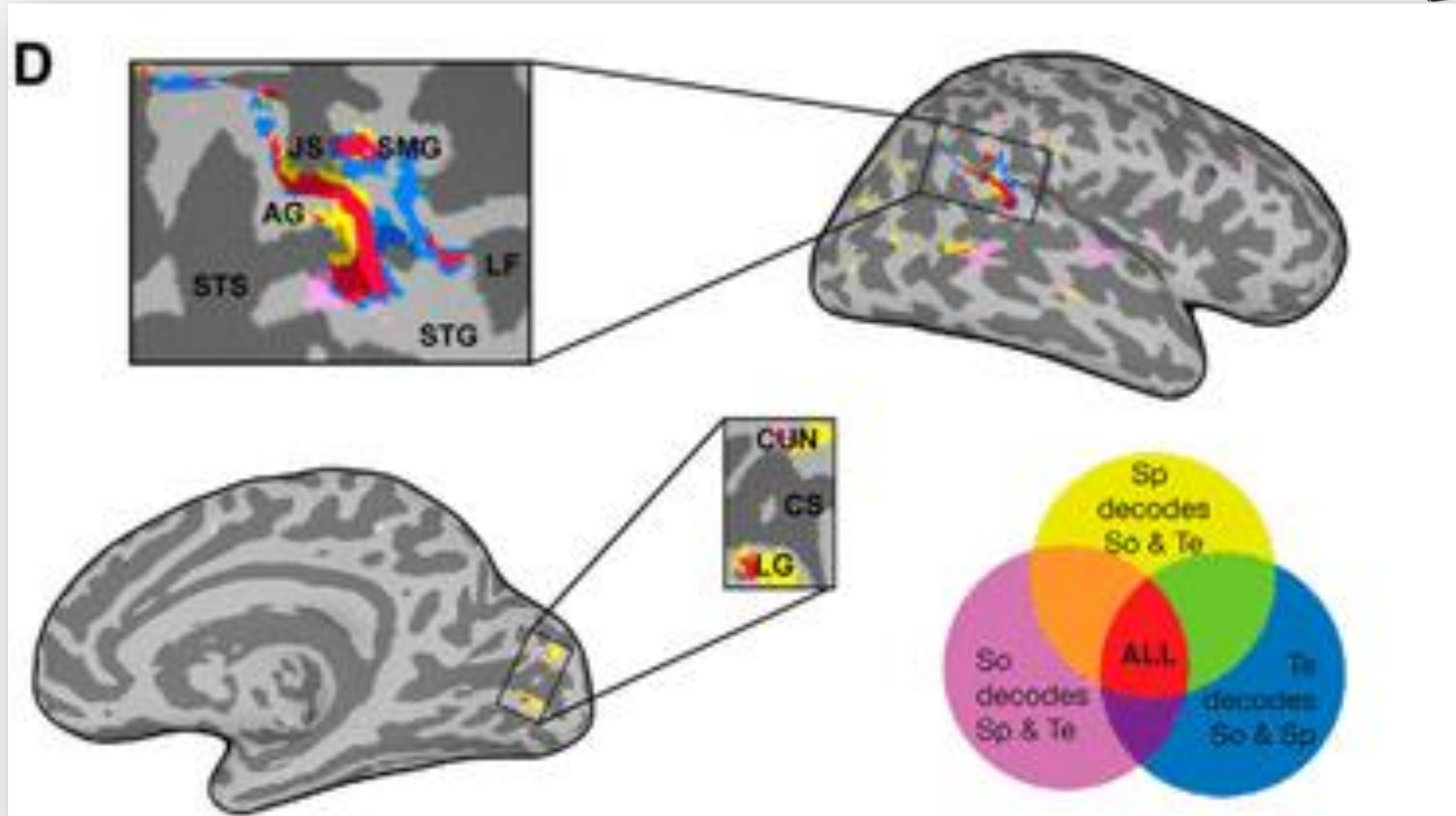
Why is social distancing so hard?

Parkinson, C., Liu, S., & Wheatley, T. (2014).



Why is social distancing so hard?

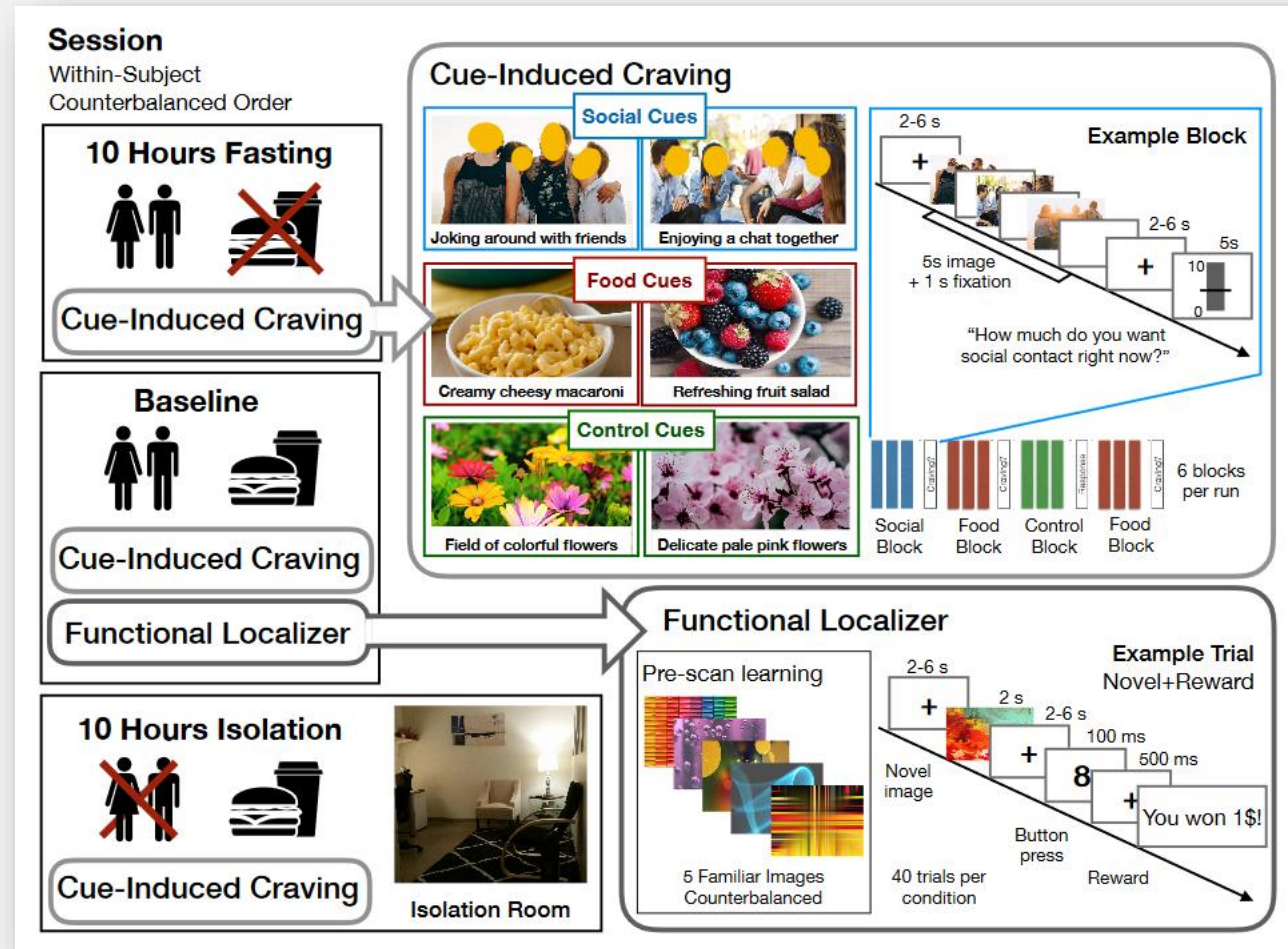
Parkinson, C., Liu, S., & Wheatley, T. (2014).



A network of brain structures that encodes spatial, temporal and social distance

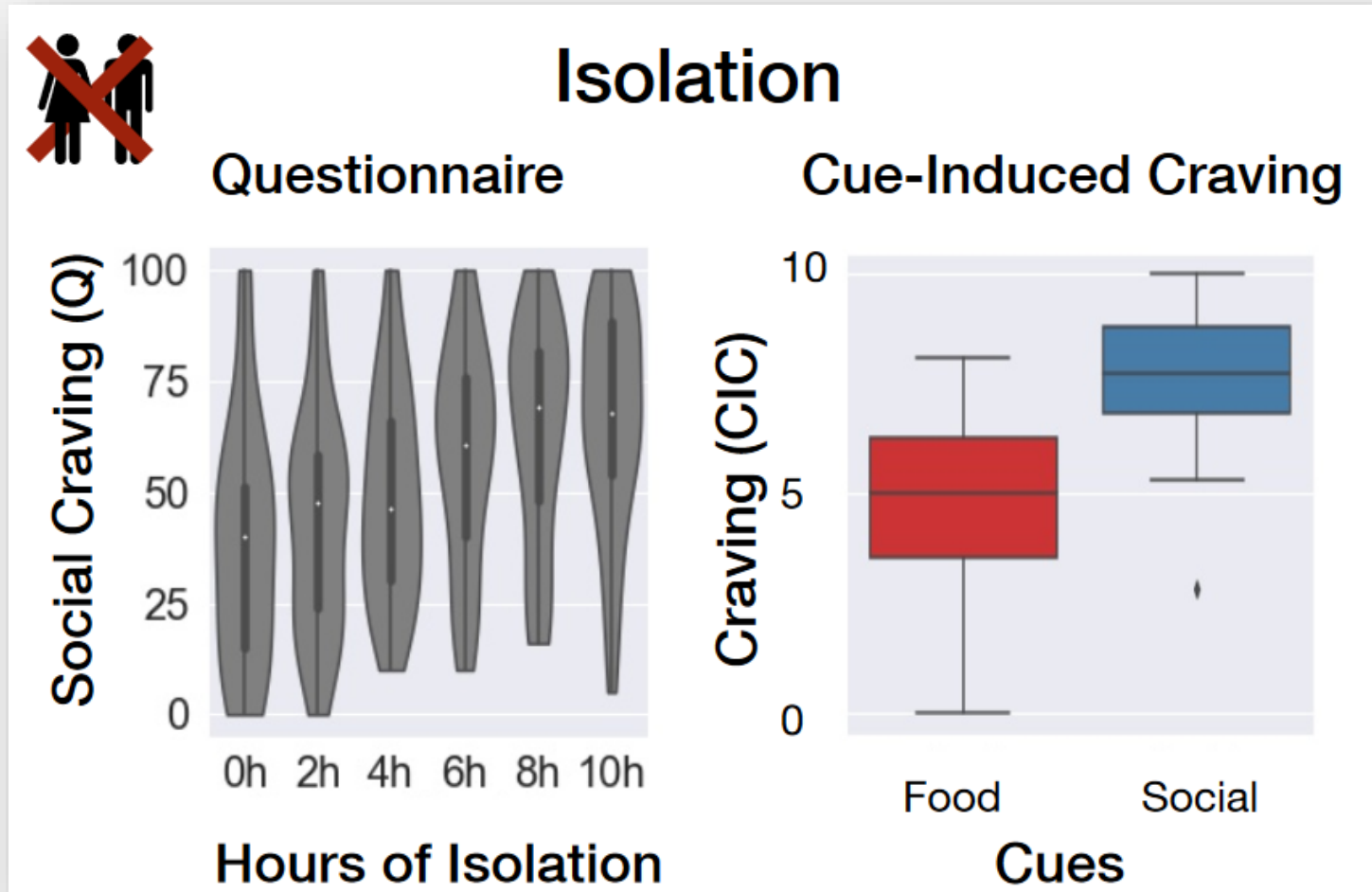
We „crave“ social interaction

Tomova, L., Wang, K., Thompson, T., Matthews, G., Takahashi, A., Tye, K., Saxe, R. (2020).



We „crave“ social interaction

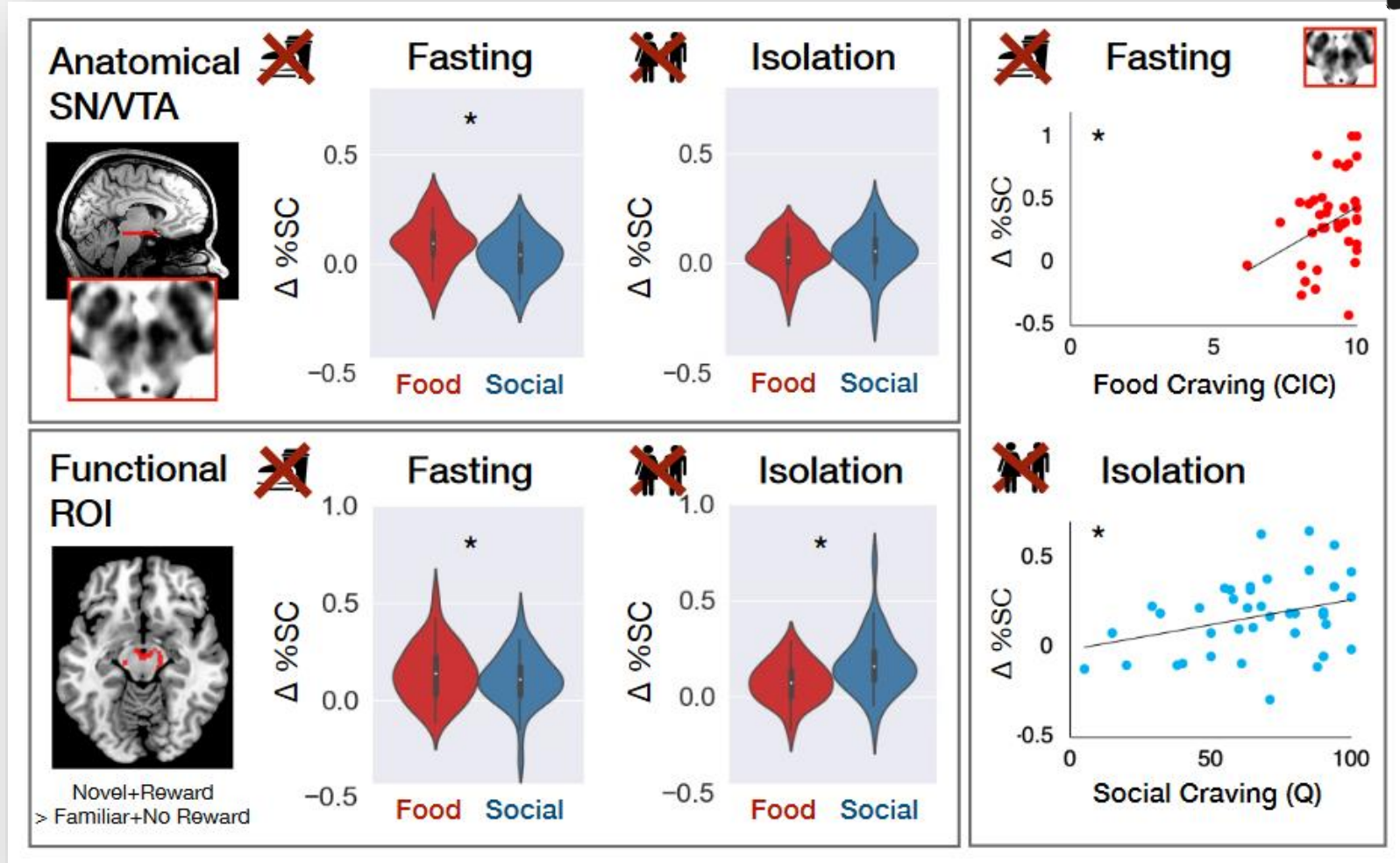
Tomova, L., Wang, K., Thompson, T., Matthews, G., Takahashi, A., Tye, K., Saxe, R. (2020).



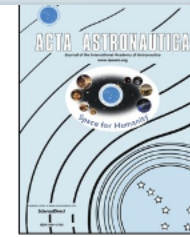
*After 10 hours,
participants
reported more
social craving
and loneliness*

We „crave“ social interaction

Tomova, L., Wang, K., Thompson, T., Matthews, G., Takahashi, A., Tye, K., Saxe, R. (2020).



A structure in the midbrain selectively responded to food and social craving



Life on mars from a Self-Determination Theory perspective: How astronauts' needs for autonomy, competence and relatedness go hand in hand with crew health and mission success - Results from HI-SEAS IV

Sophie Goemaere^{a,*}, Thomas Van Caelenberg^a, Wim Beyers^a, Kim Binsted^b,
Maarten Vansteenkiste^a



Success of life on pretend Mars was predicted by feeling close to other crew members and family at home.

Goemaere, S., Van Caelenberg, T., Beyers, W., Binsted, K., & Vansteenkiste, M. (2019).




<https://open.spotify.com/show/51zf1djWRn5v5HynVupSIU>

The neuroscience of loneliness – and how technology is helping us

April 17, 2020 4.45pm BST

WORLD
ECONOMIC
FORUM

*Some insights on
how to cope with
home office*

 @AnnaHenschel | Science Lunch | @SUYP19

How tech can help:



Eric Vanman

@socialneuro



Today I would like to stop looking at my computer screen—at least for a few days— but EVERYTHING I do, both for work and socially, depends on it. 😞 😞

3:55 AM · Apr 29, 2020 from [Brisbane, Queensland](#) · [Twitter for iPhone](#)

How tech can help:

We all suffer from “Zoom” fatigue, but social interactions (quantity & quality) are important for our wellbeing.

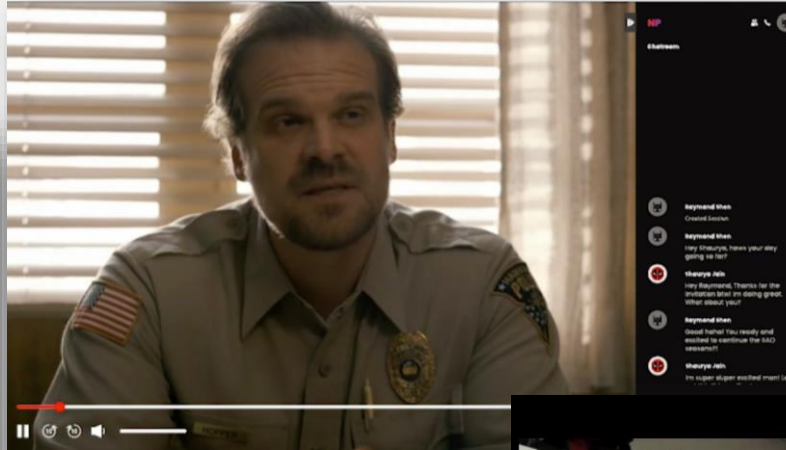
Sun, J., Harris, K., & Vazire, S. (2019)

Shared activities are crucial

Mesch, G., & Talmud, I. (2006)



Meet in virtual spaces




Or plan a „Netflix party“

Organize a book club



Discuss a paper together

 **Olivia Guest is on the job market!** | Ολίβια Γκεστ @o_guest · Apr 21
So happy this worked out & we [@andrea_e_martin & I] could answer some questions on our preprint [doi.org/10.31234/osf.i...] for #ReproducibiliTeaGlasgow reading group [@AnnaHenschel, @eolasinntinn].

? Questions: docs.google.com/document/d/123...

Video:youtu.be/_WV7EFvFAB8 twitter.com/AnnaHenschel/s...

Reframe negative thoughts

Masi, C., Chen, H.Y., Hawkley, L., Cacioppo, J. (2011)

*“If you are feeling **lonely**, try identifying automatic negative thoughts – such as assuming people don’t want to hear from you – and reframing them as **hypotheses** rather than facts.”*

Go outside (if you can)!



Adrienne Adele Cox @adrienneadelee · Apr 23

Another glorious #MentalHealth run this evening ✨

Featuring:

☀️ A beautiful sunset

❤️ A responsible, socially distanced catch-up with a friend

🚢 An exciting find - a big ship!

🧱 Giant real-life LEGO blocks?

#PhDLife #Running #Lockdown #PhDChat #Fitness #DailyExercise



🔄 You Retweeted



Dr. Janna Gottwald @JannaGottwald · 9h

How to cope with too much zoom in your life? After a half day (zoom) conference, a webinar and two further zoom meetings, I went for a walk!

Thank you @AnnaHenschel for the inspiration 😊

#uppsala #spring #nature #sweden #AcademicChatter #kungsängen



Anna Henschel @AnnaHenschel · May 4

The first day without email, Slack, Teams, Skype, Zoom, smoke signs, messenger birds, ... in weeks and it feels fantastic 🌱



Try out virtual brainstorming:

Julia L. Riley, Charlotte M. de Winde, and Tracey Weissgerber (2020).

The image is a screenshot of an eLife article. The top navigation bar includes links for 'ABOUT', 'COMMUNITY', 'SUBMIT MY RESEARCH', and 'LOG IN/REGISTER'. The article title is 'eLife and COVID-19', and the subtitle is 'Virtual brainstorming is a form of...'. A list of five steps for virtual brainstorming is displayed in a white box over the article content. To the right of the list is an illustration of a group of stylized people holding hands in a circle, with a circular inset showing a pink and white pattern. Below the illustration is the 'eLife Community' logo and the handle '@eLifeCommunity'.

ABOUT COMMUNITY SUBMIT MY RESEARCH ID LOG IN/REGISTER

eLife

HOME MAGAZINE INNOVATION

eLife and COVID-19

Virtual brainstorming is a form of

1. The organizer(s) prepare a few topics, questions, or themes for the discussion and select(s) a time and duration for the virtual brainstorming session.

2. The organizer starts the virtual brainstorming session by posting the discussion topics, questions, or themes on the online platform. These topics can be released all at once, or gradually throughout the brainstorming session.

3. All team members review the discussion two to three days after the brainstorming session to contribute their ideas and recommendations.

4. After the brainstorming is complete, one team member summarizes the discussion.

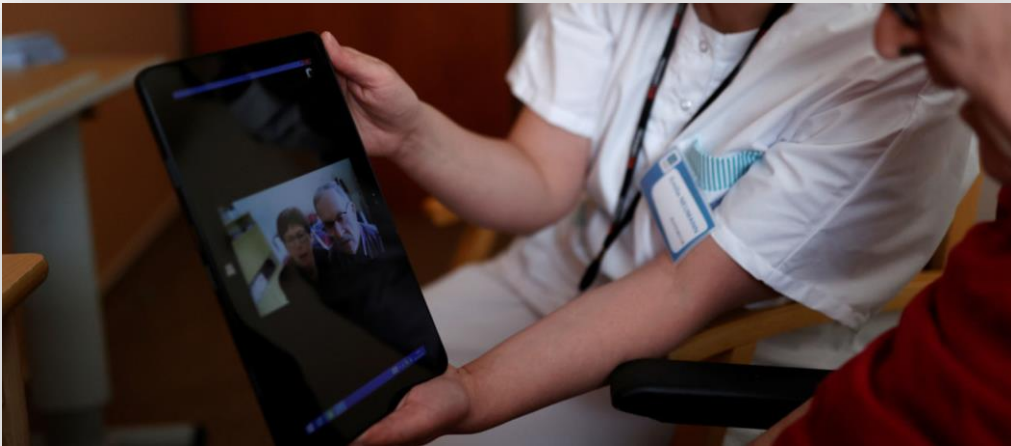
5. The group reviews this summary at a video conference.

eLife Community
@eLifeCommunity

Links



On Isolation – Notes from a social neuroscientist, <https://the-gist.org/2020/04/on-isolation-notes-from-a-social-neuroscientist/>



Here's the neuroscience of loneliness, and why technology can help, <https://www.weforum.org/agenda/2020/04/neuroscience-loneliness-technology-lockdown-coronavirus-covid-quarantine/>

Articles I mentioned:

- Social Cognition in the Age of Human–Robot Interaction,
<https://www.sciencedirect.com/science/article/pii/S0166223620300734>
- A Common Cortical Metric for Spatial, Temporal, and Social Distance,
<https://www.jneurosci.org/content/34/5/1979.full>
- The need to connect: Acute social isolation causes neural craving responses similar to hunger,
<https://www.biorxiv.org/content/10.1101/2020.03.25.006643v2.full.pdf>
- Life on mars from a Self-Determination Theory perspective: How astronauts' needs for autonomy, competence and relatedness go hand in hand with crew health and mission success - Results from HI-SEAS IV,
https://www.sciencedirect.com/science/article/pii/S0094576518309871?casa_token=zjriAyuqojYAAAAA:AZ9hVydHByn8WQjq9bJ0pQPy1glK1mWqHs9wwGLgH4oZs4OIdJDw7MNqYmNi2FmqfSXMpvvXTA
- Is well-being associated with the quantity and quality of social interactions?,
<https://psycnet.apa.org/record/2019-62902-001>

Articles I mentioned:

- The Quality of Online and Offline Relationships: The Role of Multiplexity and Duration of Social Relationships, https://www.tandfonline.com/doi/abs/10.1080/01972240600677805?casa_token=vky5BbCDIloAAAAA%3Aqkyi6T9PZg6h4ISgHdHiMvL4IIR79xd3rmq5zQtRjpmYLqm46aYOLpZuIBGHPdiWRiA8uurxNS0&journalCode=utis20
- A Meta-Analysis of Interventions to Reduce Loneliness, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3865701/>
- eLife and COVID-19: Getting more out of the online workplace, <https://elifesciences.org/inside-elifesciences/89e59b16/elifesciences-and-covid-19-getting-more-out-of-the-online-workplace>