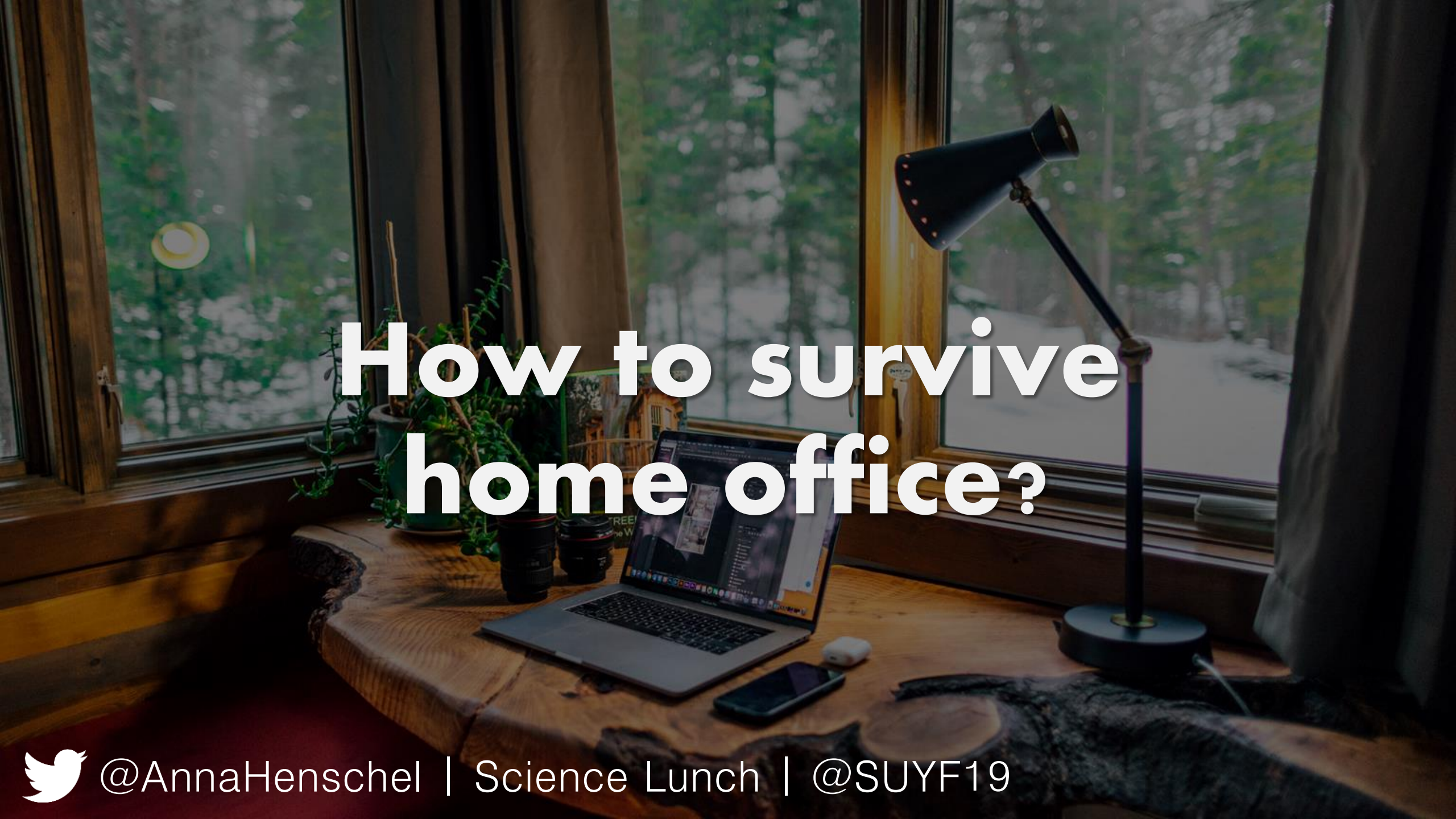
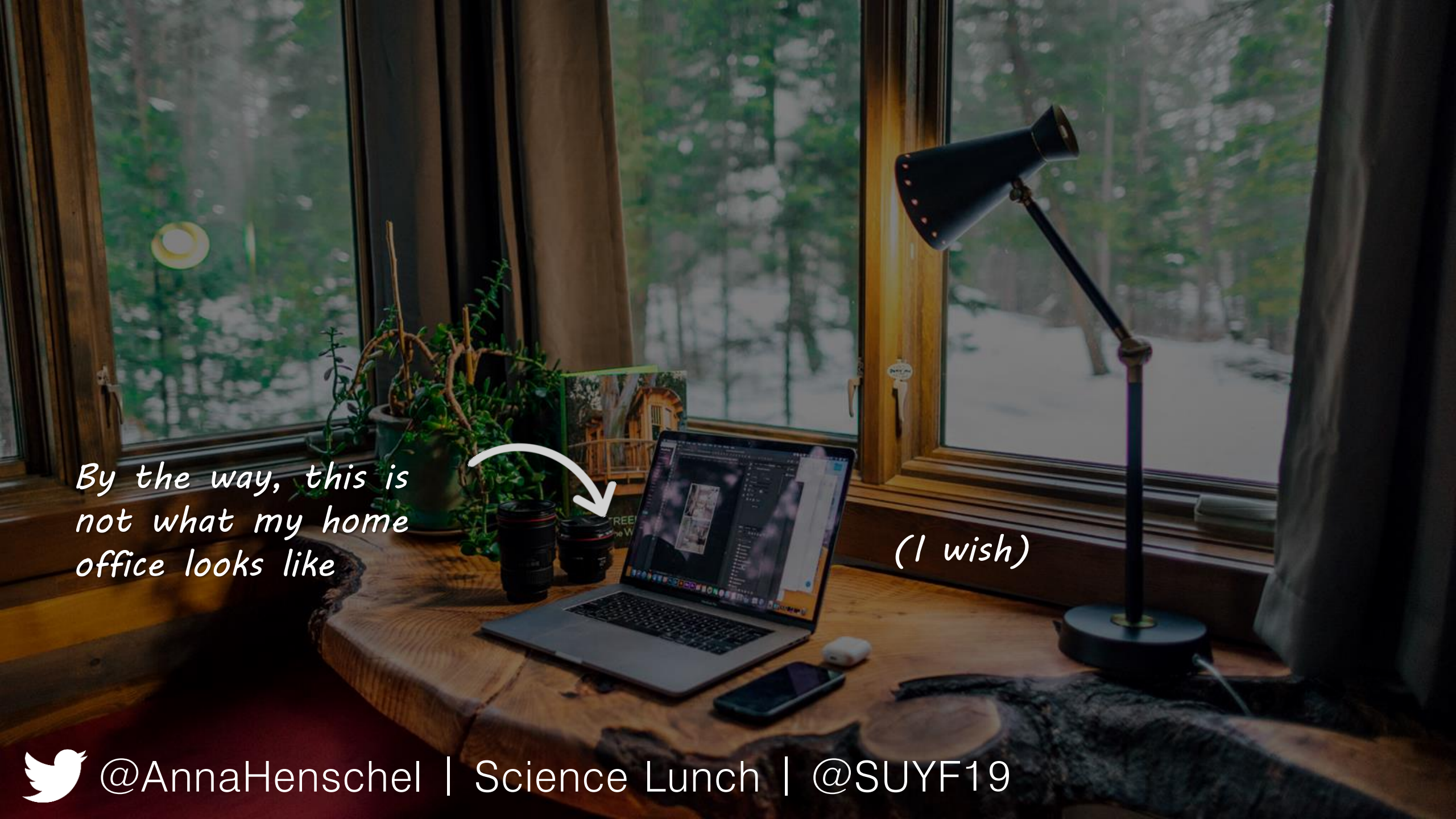

How to survive home office?
@AnnaHenschel | Science Lunch | @SUYF19



@AnnaHenschel | Science Lunch | @SUYF19

Hello.

Hello.

Anna Henschel
Institute of Neuroscience & Psychology
University of Glasgow
Social Brain in Action Lab

@AnnaHenschel | Science Lunch | @SUYF19

BSc Psychology

- Konstanz University, Germany
- Internship @ UCI, California

2011-2015

2015-2017

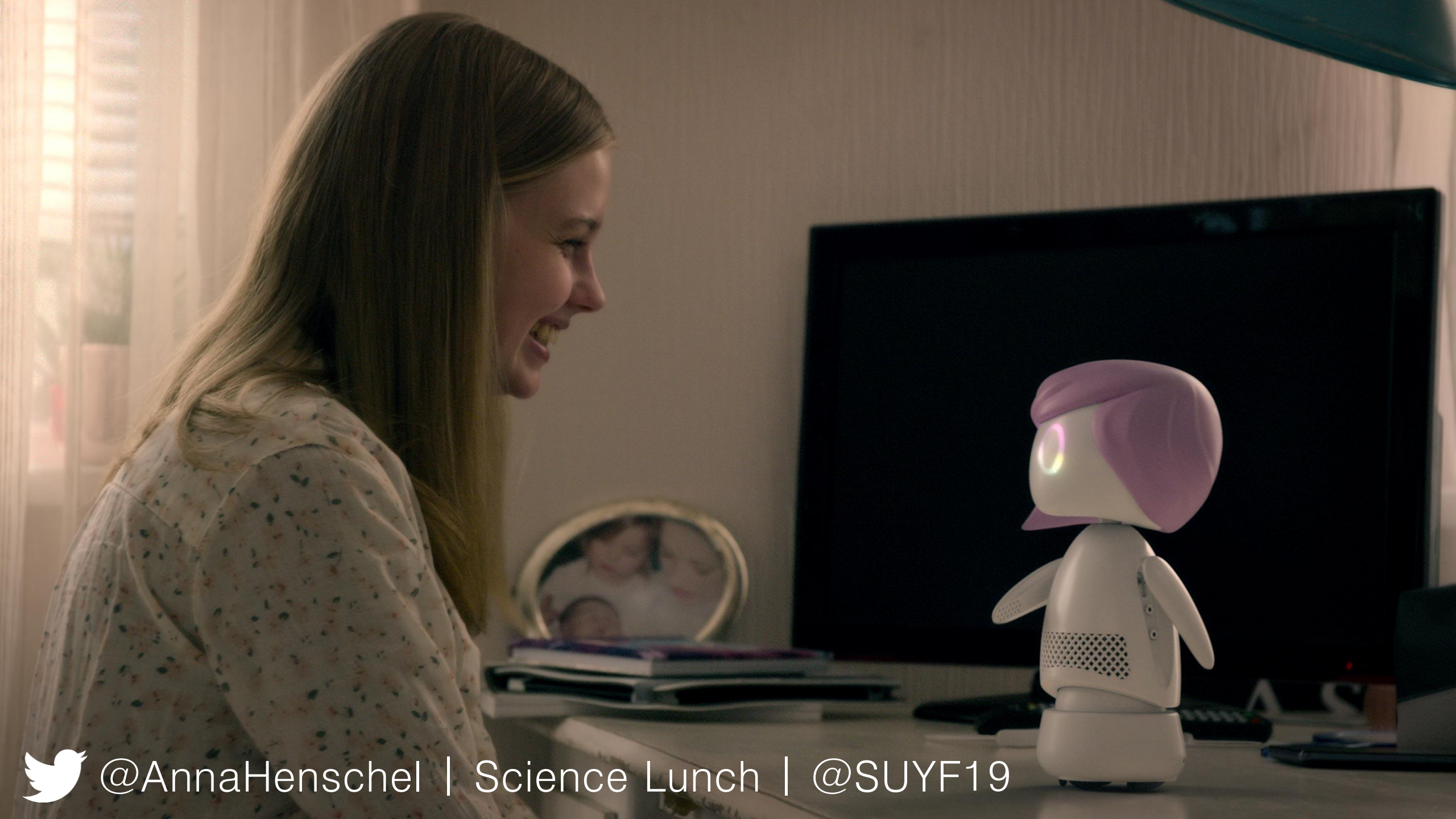
MSc Cognitive Neuropsychology

- VU Amsterdam, Netherlands
- Internship @ Social Brain Lab

2017-2020

PhD Social Robots & Neuroscience

- University of Glasgow
- Research Fellow MARCS Institute Sydney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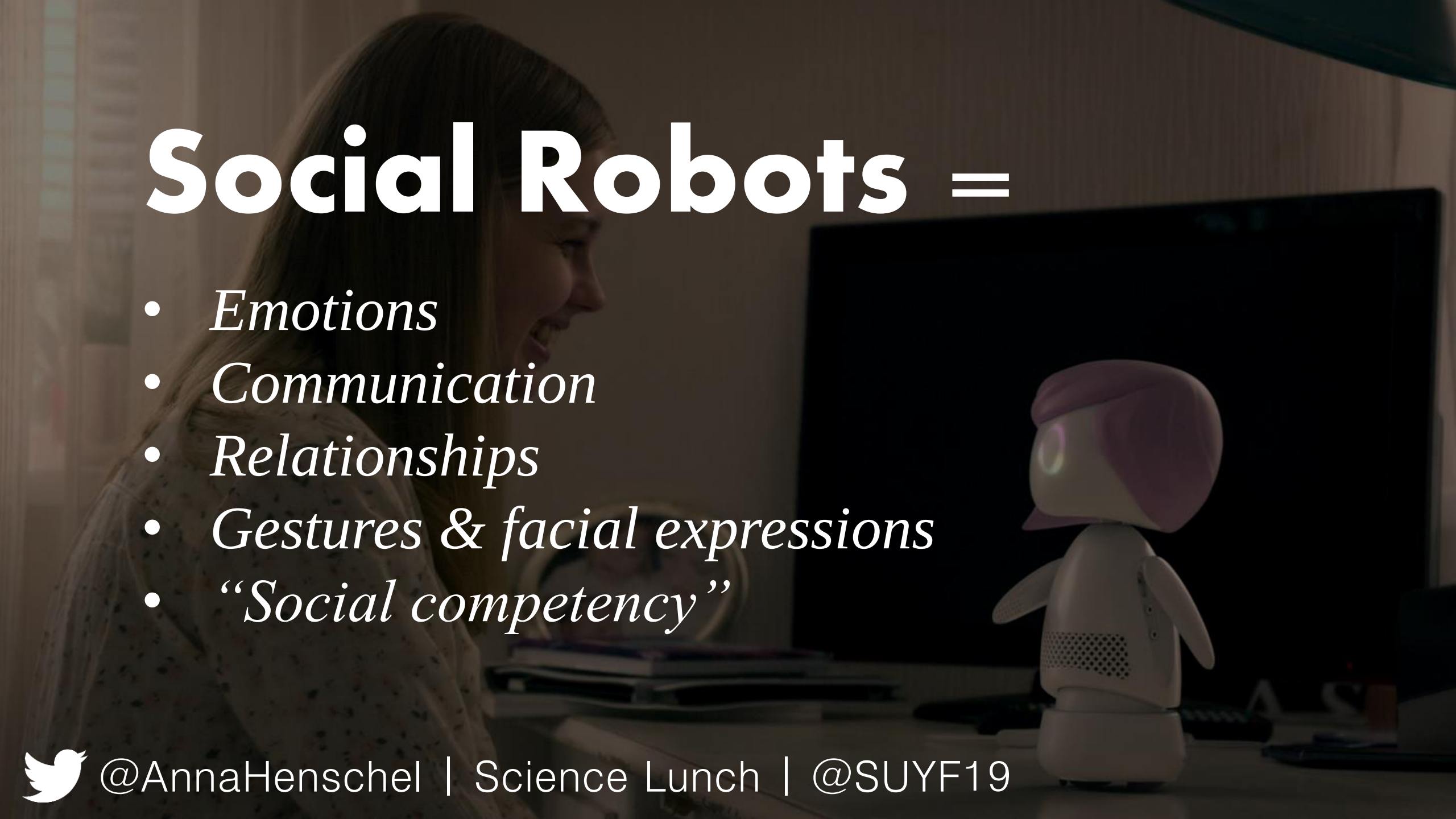
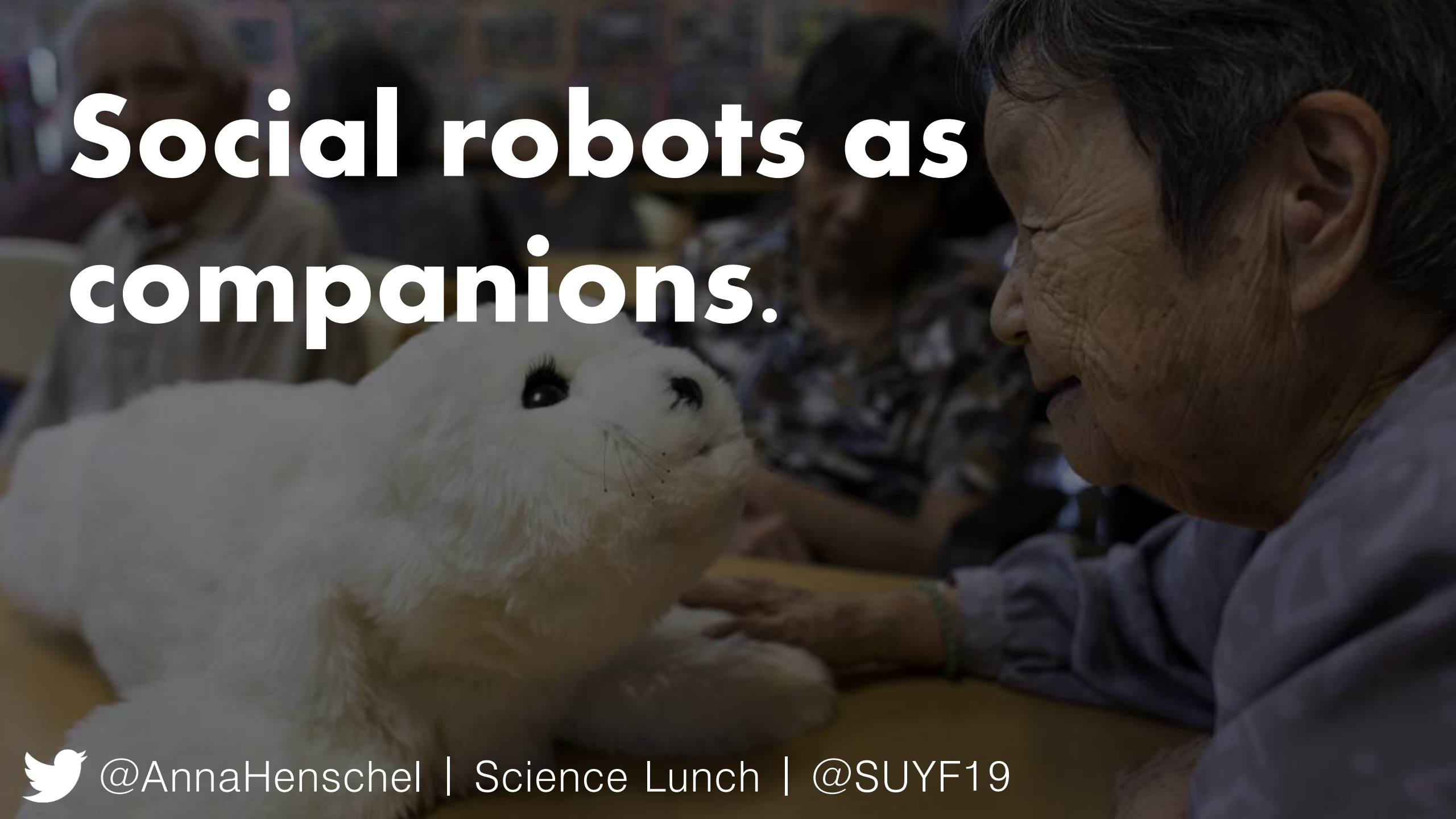


Social Robots =

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


Social robots as companions.
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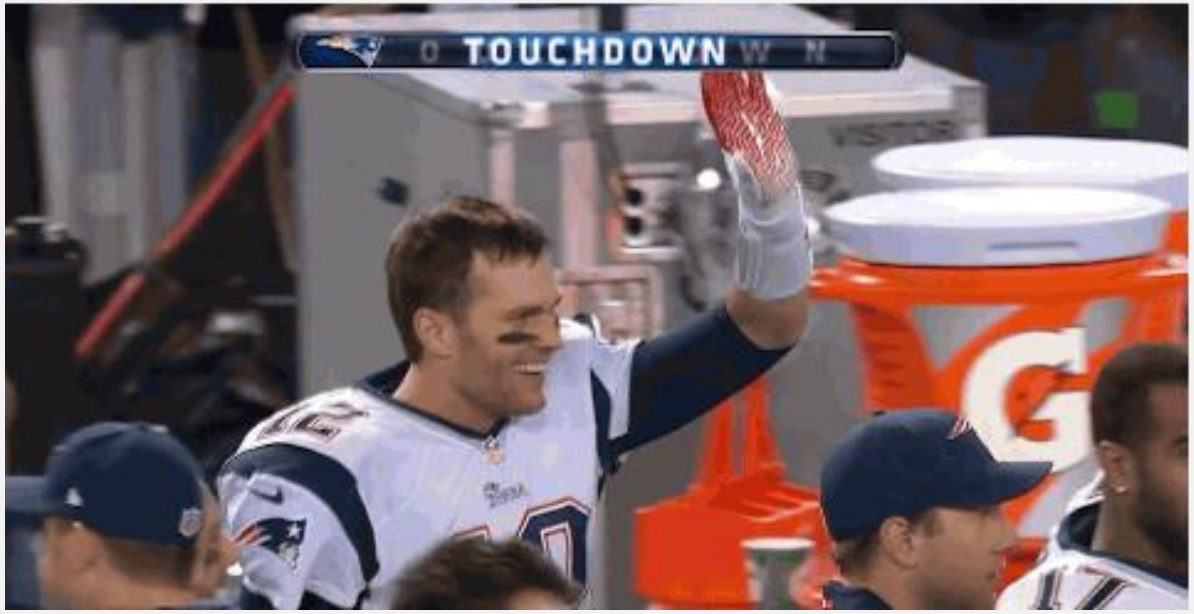
Social robots as potential companions



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

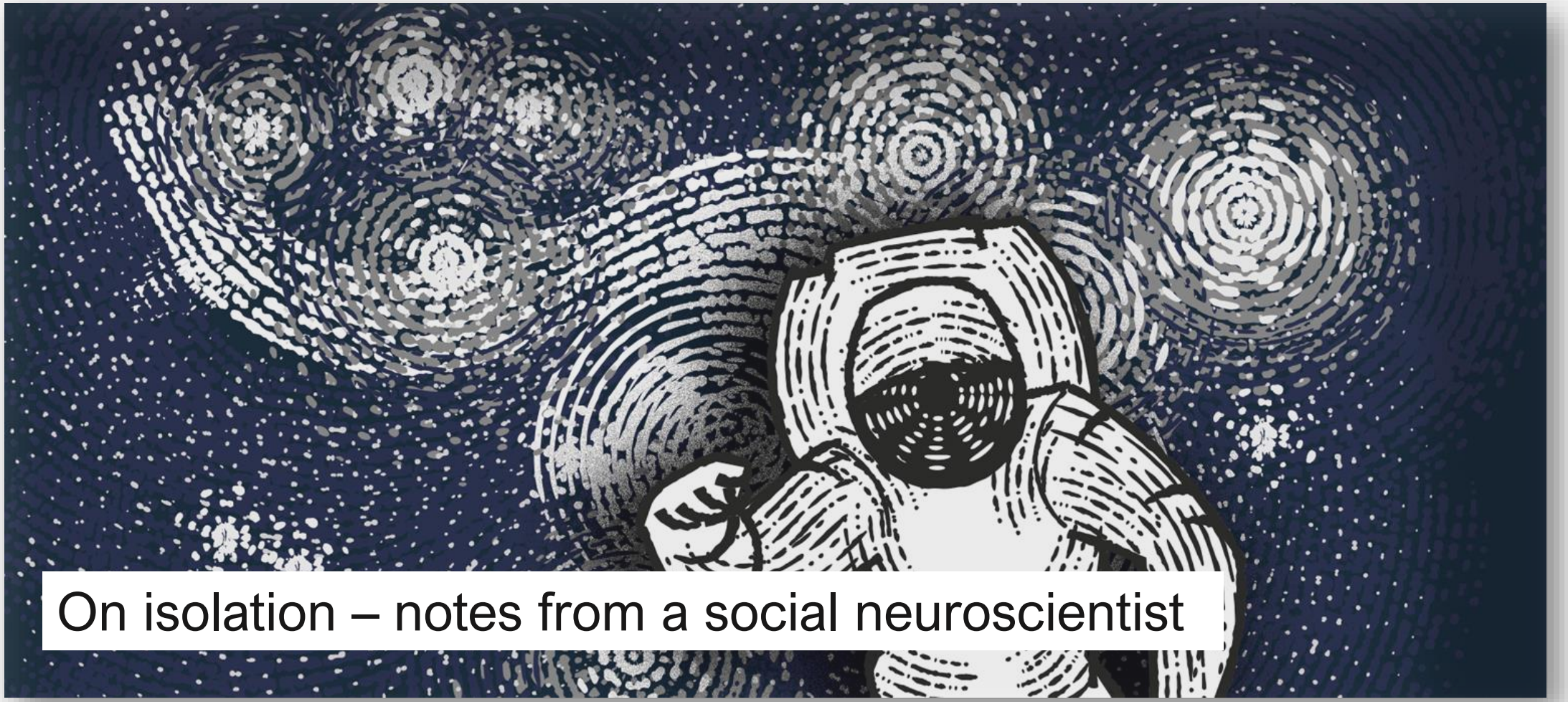
We argue …

- *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...

Before I start...

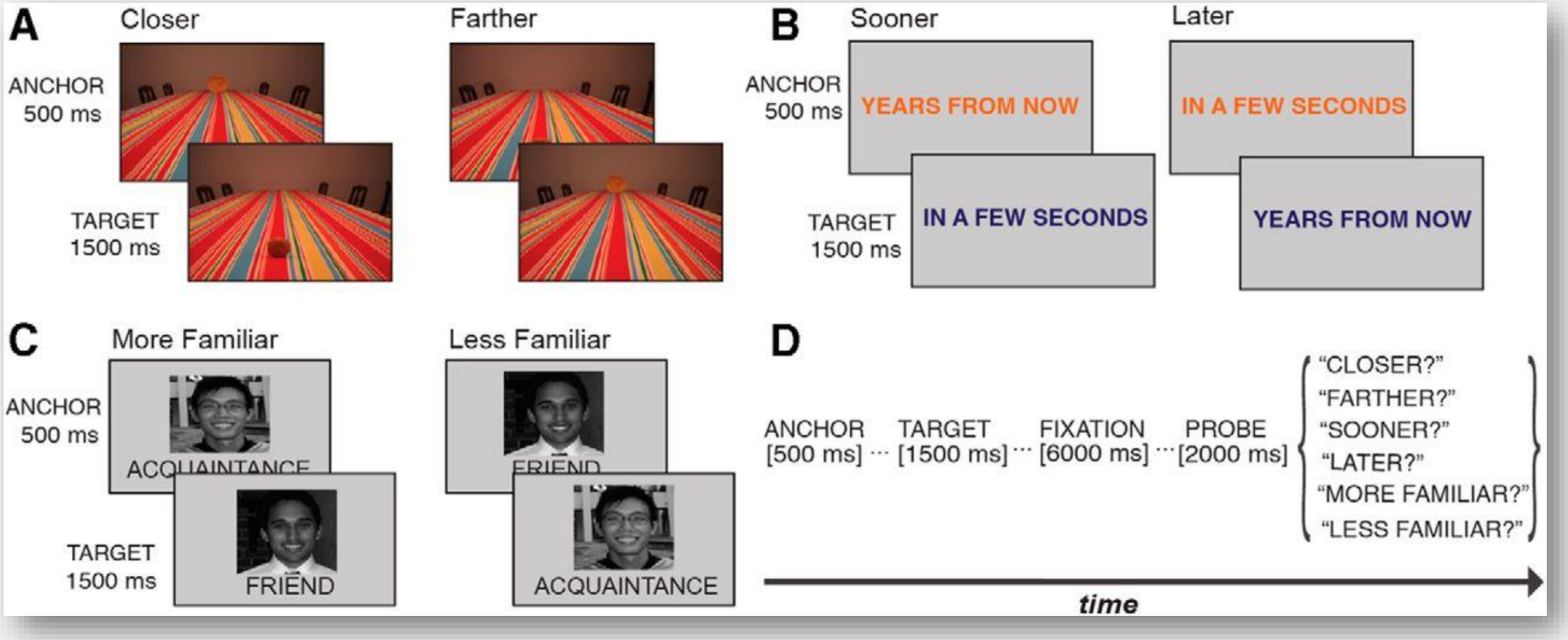
I also struggle



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

Why is social distancing so hard?

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



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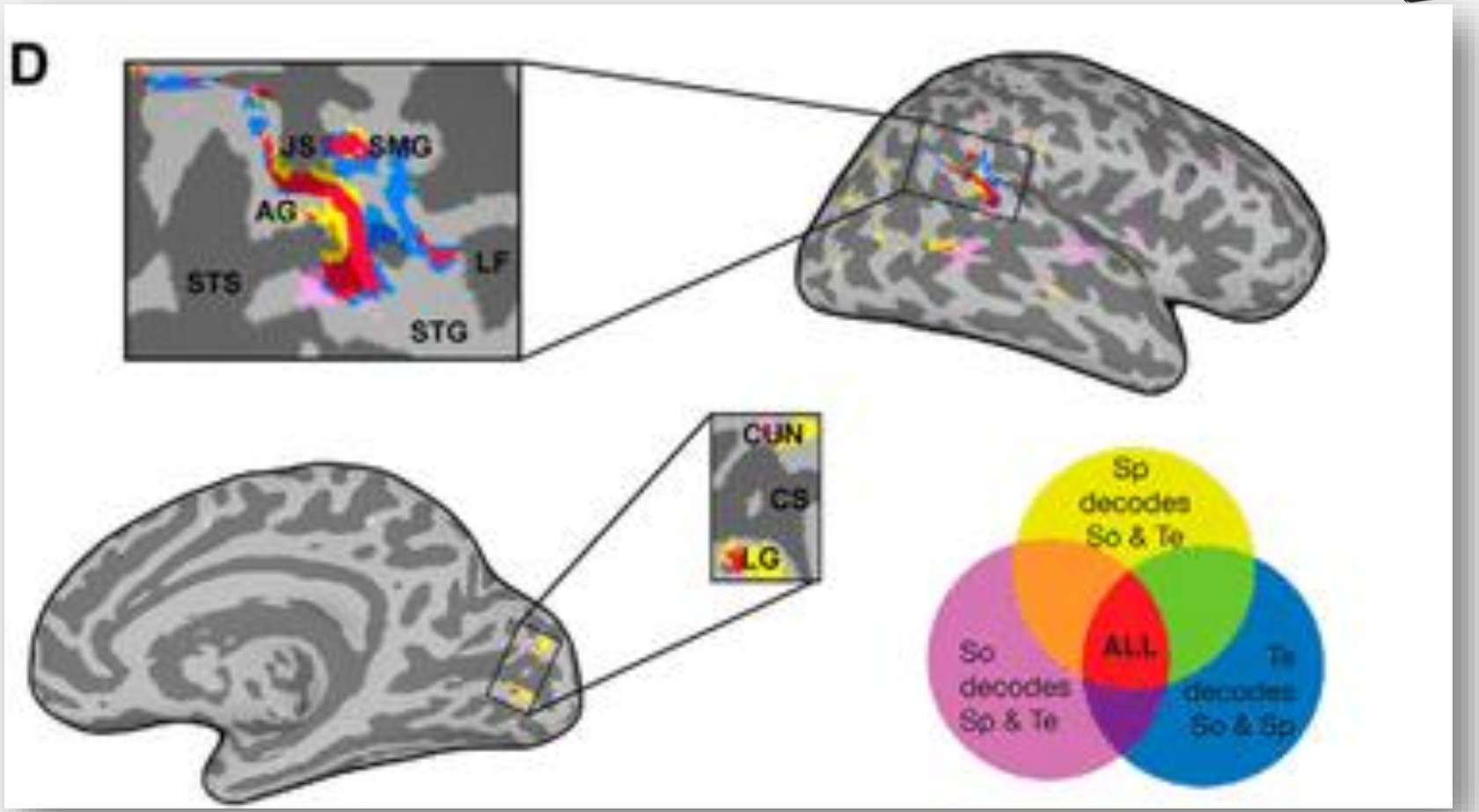
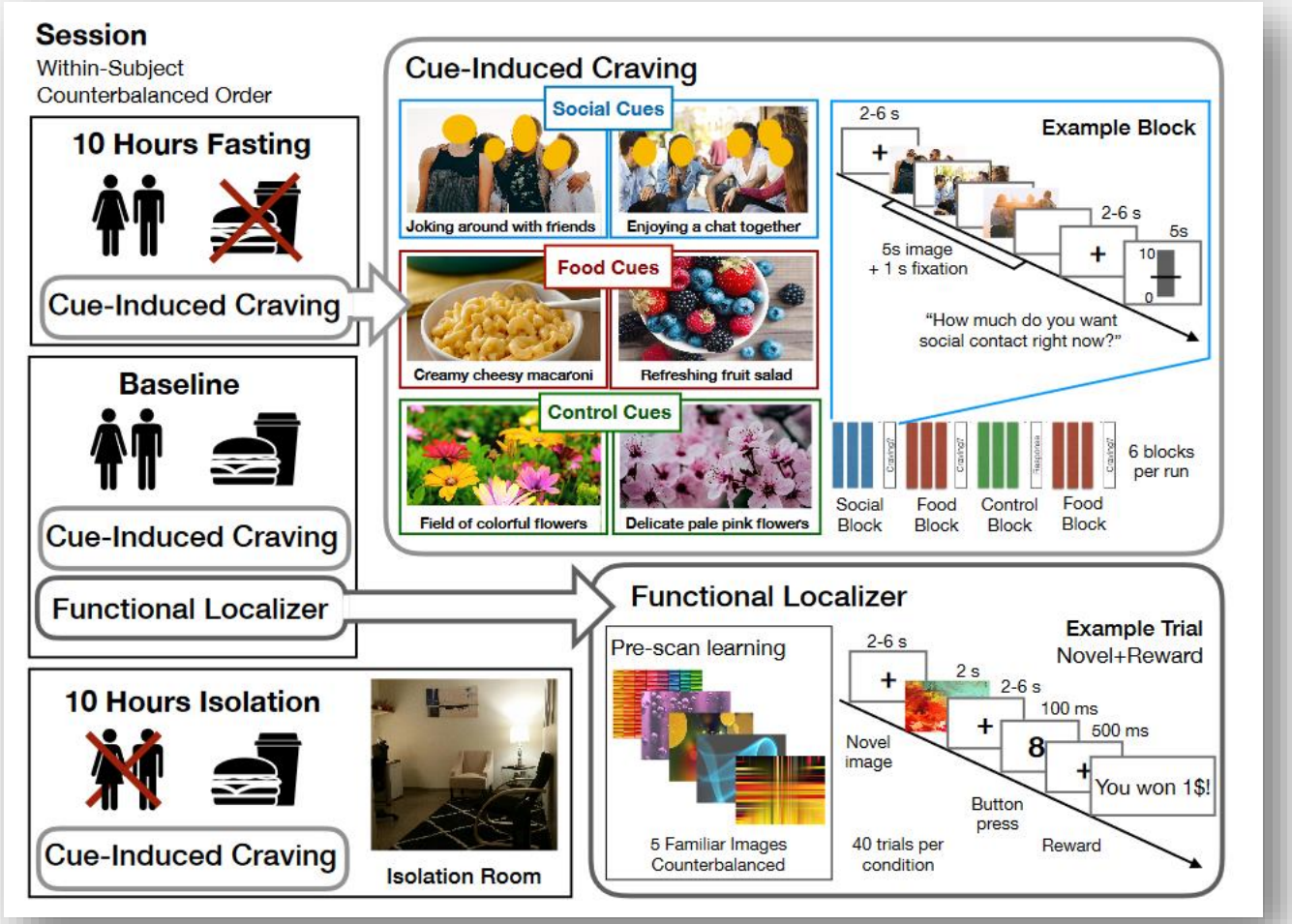


A network of brain structures that encodes spatial, temporal and social distance

We „crave“ social interaction

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



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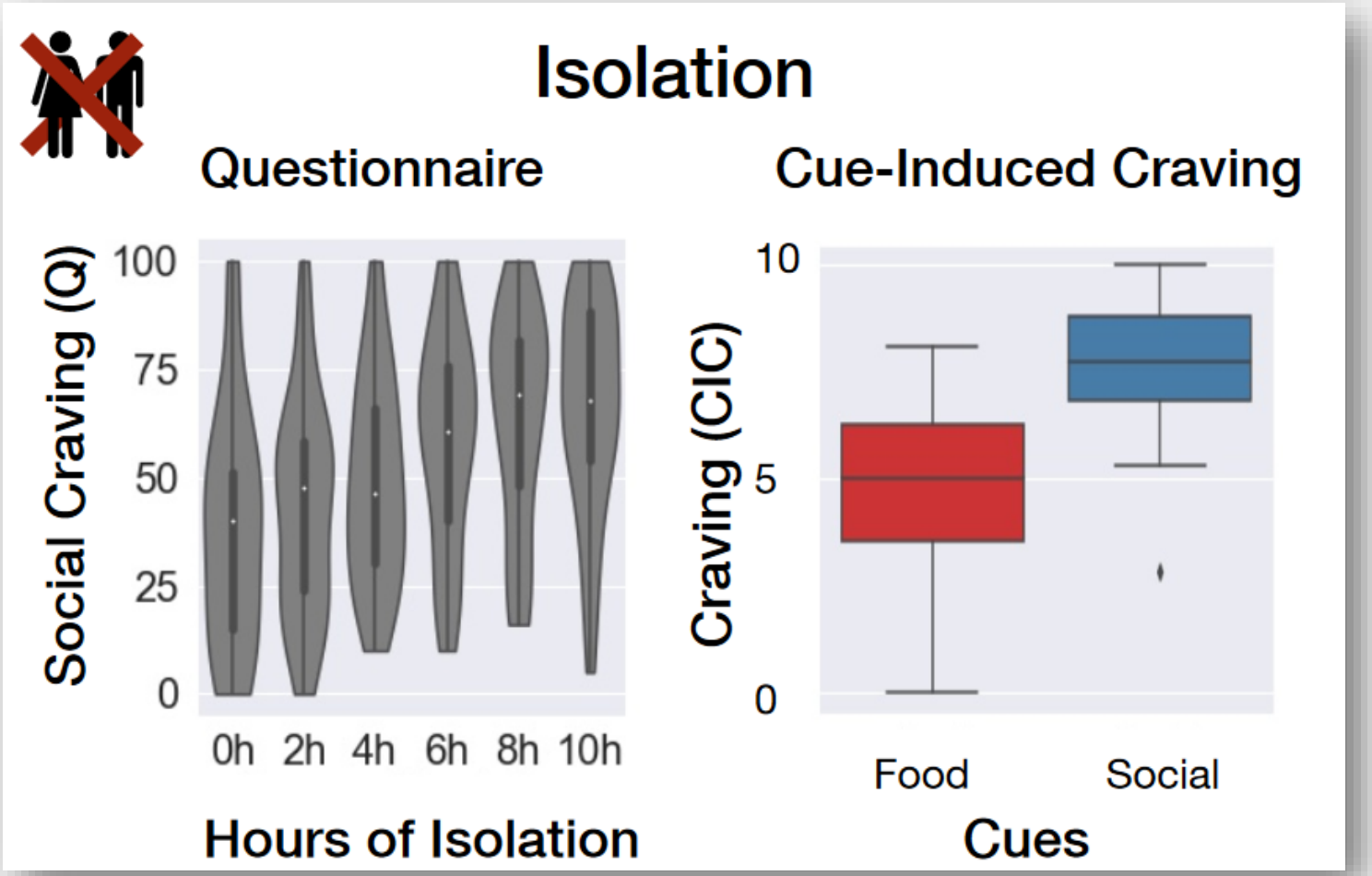
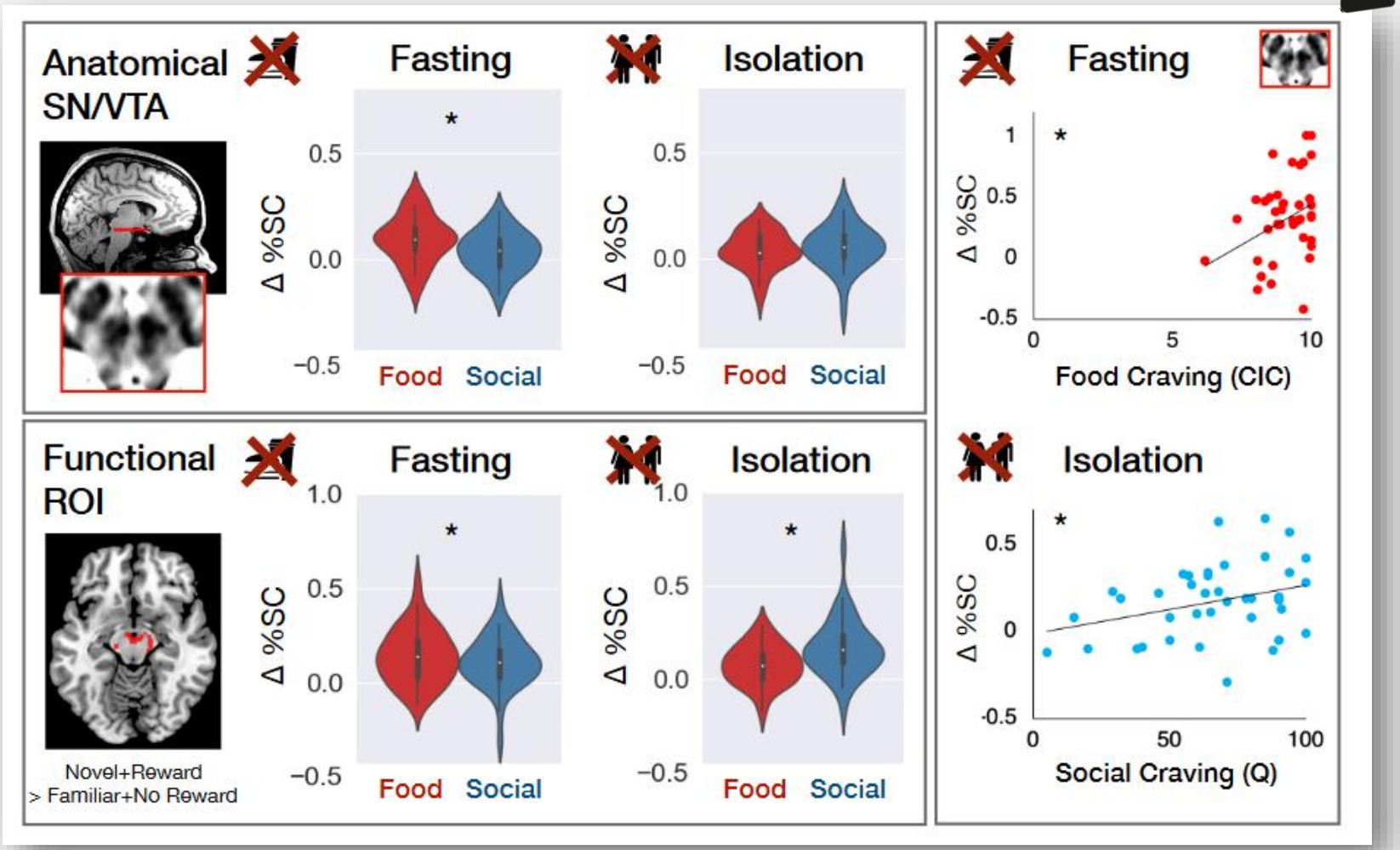


After 10 hours, participants reported more social craving and loneliness

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

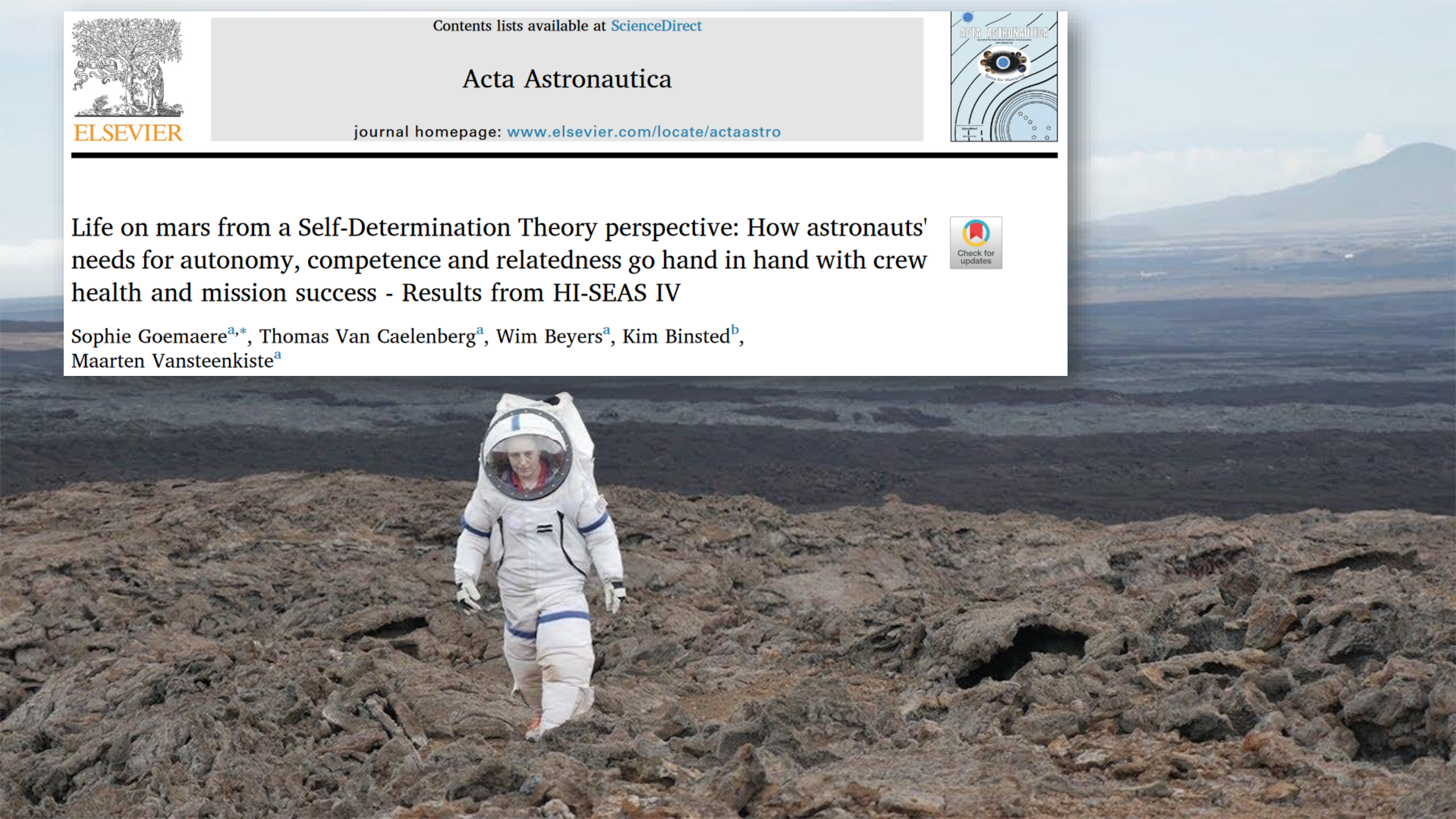
Contents lists available at ScienceDirect

Acta Astronautica

journal homepage: www.elsevier.com/locate/actaastro

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/51zf1djWRn5v5HynVupSlU

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 | @SUYF19

How tech can help:

How tech can help:

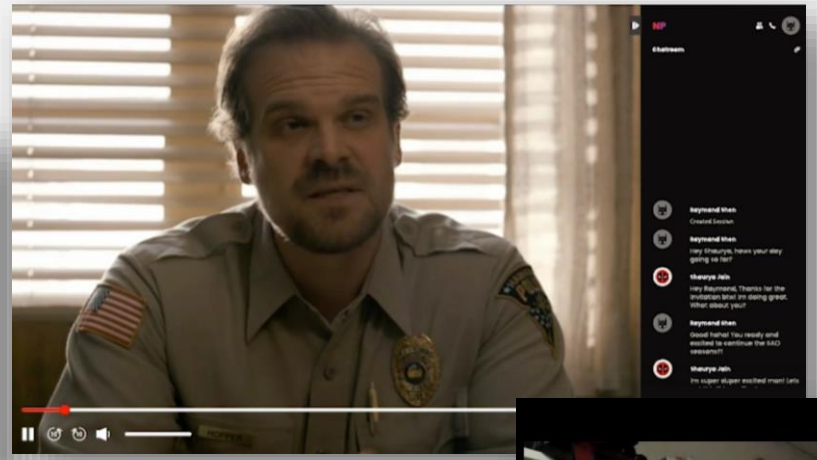
We all suffer from "Zoom" fatigue, but social interactions (quantity & quality) are important for our wellbeing.

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“

Discuss a paper together

Organize a book club

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 🥰

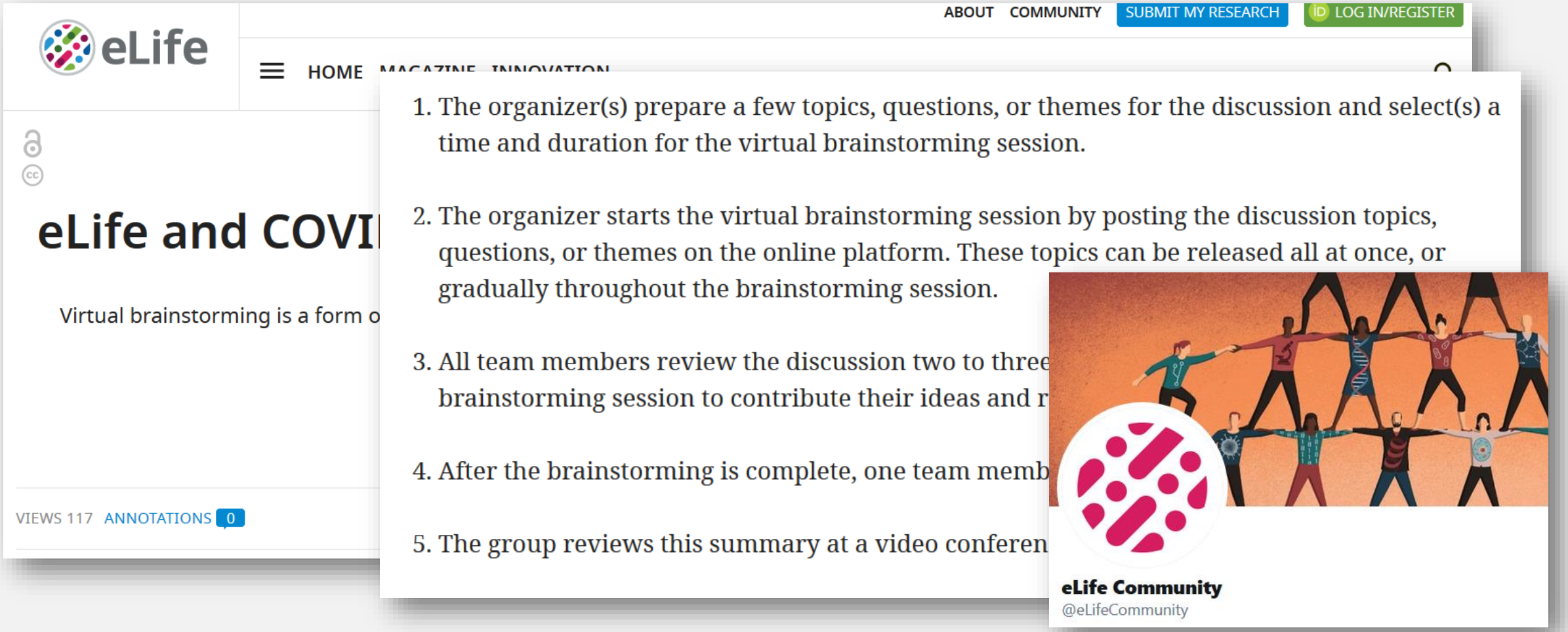
#uppsala #spring #nature #sweden #AcademicChatter #kungsängen

Anna Henschel @AnnaHenschel · May 4
The first day without email, Slack, Teams, Skype, Zoom, smoke signs, messenger birds, ... in weeks and it feels fantastic 🌱

@AnnaHenschel | Science Lunch | @SUYF19

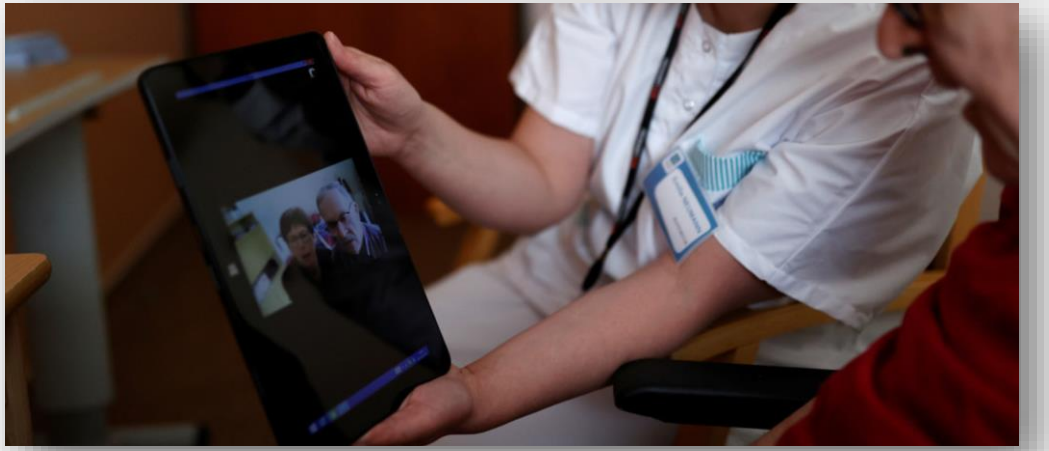
Try out virtual brainstorming:

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



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:AZ9hVydHByn8WQjq9bJ0pQPy1glK1mWqHs9wwGLgH4oZs4OlDJDw7MNqYmNi2FmqfSXMpvvXTA
- **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/10.1080/0197224060067780 5?casa_token=vky5BbCDIloAAAAA%3Aqkyi6T9PZg6h4lSgHdHiMvL4IIR79xd3rmq5zQtRjpmyLqm46aYOLpZuIIBGHPdiWRiA8uurxNS0&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-elife/89e59b16/elife-and-covid-19-getting-more-out-of-the-online-workplace**